

# Special PLACES

FOR MEMBERS AND SUPPORTERS OF THE TRUSTEES OF RESERVATIONS

SUMMER 2008 VOLUME 16 NO. 2

Down on the  
200-Family Farm





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## KENDALL'S CORNER

# Farms, Farmers, and Food

Rolling pastures, weathered barns, white-washed farmhouses – from Boston to the Berkshires, these iconic images connect us to our rural roots. But they're also signs of a landscape – and a way of life – in danger of being lost forever as more and more of the Commonwealth's farmland falls victim to development.

The Trustees are working hard to preserve farm landscapes and the family and community legacies they represent. Keeping farmland in our communities requires working on three fronts simultaneously: preserving the land, raising a new generation of farmers, and developing new markets for local food.

First, preserving the land. We hold conservation restrictions on thousands of acres, keeping land open, undeveloped, and available for farming forever. And we protect working farms by advocating for state support for farmland and facilitating the sale of agricultural preservation restrictions to the state's Department of Food and Agriculture. By helping farmers to structure a deal and find financing, we help keep their land in permanent production.

Second, growing new farmers. At Weir River Farm in Hingham, we're partnering with 4-H to give kids access to farm animals, from chickens to goats to draft horses. At Long Hill in Beverly, we've teamed up with The Food Project to engage urban and suburban youth in sustainable agriculture. At Appleton Farms in Ipswich and Hamilton and at Powisset Farm in Dover, we're providing land for enterprising young farmers to cultivate and have apprentice programs for training the next generation. Several of our 'graduates' have already gone on to manage farms of their own.

Finally, supporting local markets. Farmers markets and new business models, such as Community Supported Agriculture, give farmers direct access to consumers, and consumers a source of really fresh, healthy food. When we buy local eggs, dairy products, meat, and produce, we're helping keep farms, farmers, and farmland in our communities. Bon appetit!

Andy Kendall  
PRESIDENT

ON THE COVER: **Community Supported Agriculture Manager Meryl LaTronica displays the bounty at Powisset Farm in Dover.** © TOM



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by K. HICKSON



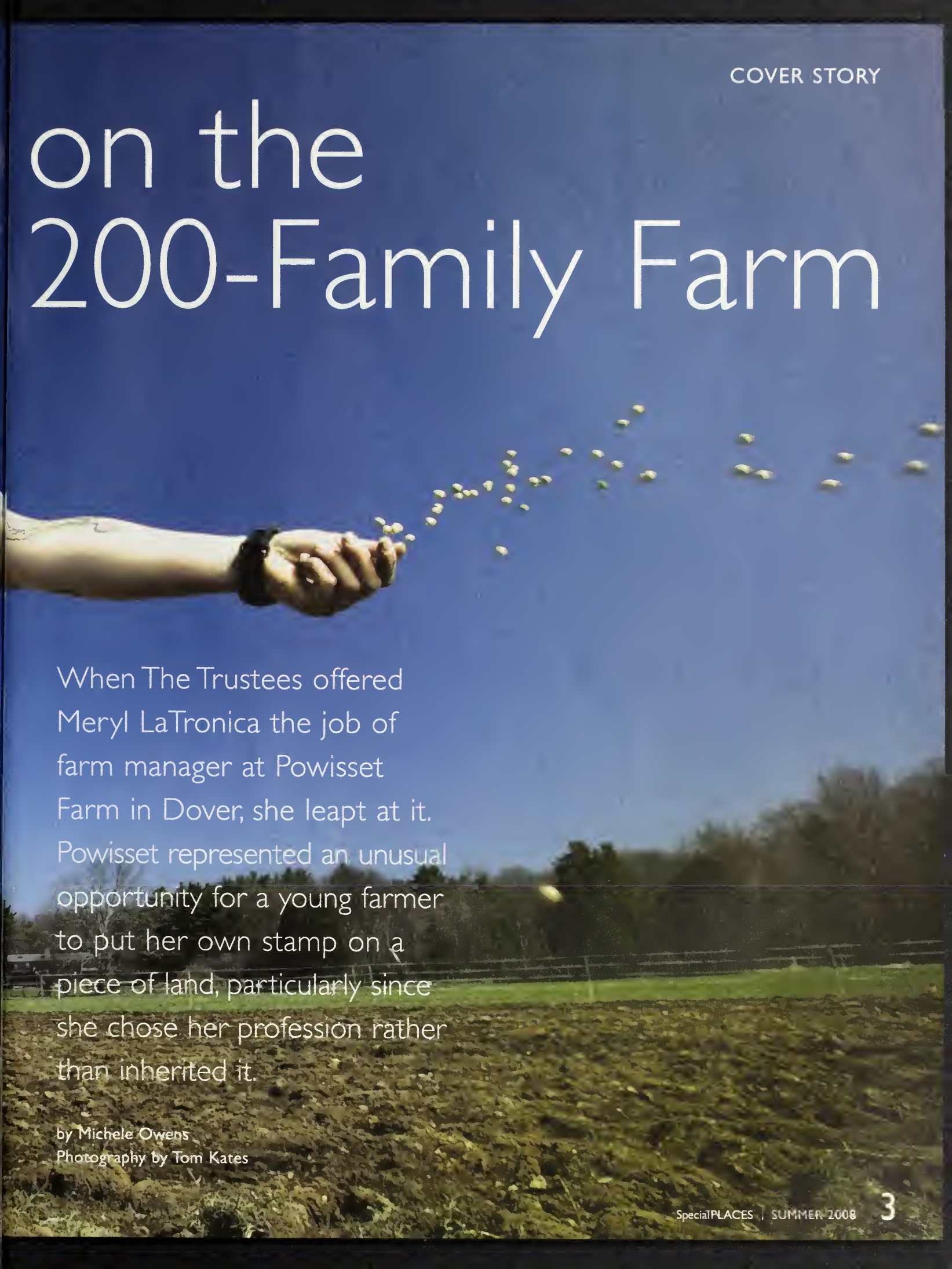
COVER STORY

# Down





# on the 200-Family Farm

A photograph of a hand sowing seeds into a field. The hand is on the left, wearing a black wristband, and is releasing a stream of small, light-colored seeds that arc through the air towards the right. The background is a clear blue sky, and the foreground is a dark, tilled field. In the distance, there is a line of trees and a fence.

When The Trustees offered Meryl LaTronica the job of farm manager at Powisset Farm in Dover, she leapt at it. Powisset represented an unusual opportunity for a young farmer to put her own stamp on a piece of land, particularly since she chose her profession rather than inherited it.

by Michele Owens  
Photography by Tom Kates



A

28-year-old from the suburbs with a sweet, small voice and a sociology degree, Meryl is one of a new breed of educated, innovative, and culturally plugged-in growers who are changing the way many of us eat. She sports a beautiful tattoo of a vegetable garden on her left arm and found her calling while traveling in Chiapas, Mexico, where she was inspired by a woman who was promoting organic gardening in the community. After returning home, Meryl spent a few years gaining production experience at local organic farms.

Powisset Farm, however, was more than just an irresistible opportunity for her. It was the kind of challenge that might make anybody less energetic or organized quail. Meryl's mission was not just to manage a farm for the first time, but to create one from scratch out of empty fields – a farm that would feed a good-sized, waiting crowd: the more than 100 families that had signed on in advance

for a new Community Supported Agriculture (CSA) program.

CSAs are an increasingly popular way for consumers to support small, diversified local farms and opt out of the industrial food chain, whose costs in terms of wasted oil, environmental pollution, and poor nutrition were delineated brilliantly in Michael Pollan's 2006 book, *The Omnivore's Dilemma*. In a CSA, members buy shares in the upcoming season's vegetable harvest before it begins, taking on some of the risks of growing food and giving the farm a more predictable cash flow. In exchange, customers bring home a supply of the freshest possible vegetables every week. Inspired by the success of their 500-member CSA at Appleton Farms in Ipswich, in 2006 The Trustees took a new look at Powisset Farm, which had largely sat fallow for the previous 20 years, and decided to plow up 8 acres for vegetables there.

Within days of starting her job in the dead of winter, Meryl was traveling to

Pennsylvania and shopping for tractors, settling on one for tillage and two more flexible models for cultivation. "While the day-to-day farming is easy," Meryl says, "the challenge for me was in figuring out the larger systems for the blank canvas here and trying to make good decisions for the environment and the members."

Meryl raves about how neatly the old cow barn on the property fit into the CSA plan. But she also had to figure out a system for managing the relatively short New England growing season. One of her first tasks was ordering a 25- by 72-foot greenhouse to get seedlings started. "My co-workers at The Trustees came out and helped set up the greenhouse," Meryl says. "They couldn't have been more wonderful."

She also had to hire a crew and turned to her contacts at the Northeast Organic Farming Association (NOFA) and EMASSCRAFT, the Collaborative Regional Alliance for Farmer Training of Eastern



**Powisset farmers and volunteers are happy to get their hands dirty in service to the growing season.**

**RIGHT, COUNTER-CLOCKWISE: Seeding, labeling, and watering all lead up to the ultimate prize: the harvest.**









© K. McMAHON

AS → we think they are welcome to walk thru and see what you can do  
 BEANS → There are 2 Beds of green Beans, 1 Bed of Yellow Beans, and 1 Bed of purple Beans  
 Please pick → 1/2 Bed of all yellow beans, and 1 full Bed of mixed green, purple + yellow  
 FLOWERS: The Flower Garden is now open!  
 Please take Home a small bouquet!  
 Please stay on straw pathways - and beware of the Gladiolas that are coming up!  
 Please cut side stems -  
 Please do not cut plant at base!  
 Basil: Take 2 bunches - pick stems off.  
 Genovese Basil, Italian Basil, Lemon Basil  
 Cilantro, parsley → Take one bunch of each  
 RIFE BEANS



Massachusetts, to find three apprentice farmers, including Tara Bledsoe, who has returned for a second season.

While getting the human and physical infrastructure in place was daunting enough, Meryl's challenges didn't end there. She also had to solve the rather mind-blowing mathematical puzzle called a crop plan. It's difficult enough to map out a vegetable garden for one family. But for 100? With enough left over to donate to food banks and sell to Ten Tables Restaurant in Jamaica Plain? When you've never worked this particular piece of land before?

Meryl patiently explains her method: "I knew I'd have carrots, for example, for 14 weeks. So I decided each CSA share would get a pound of carrots each of those weeks. That meant I needed to be able to harvest a pound a week times 100 members times 14 weeks. I added in a 20-percent margin of error, to cover losses to deer and other pests. And then from that, I determined the number of row feet of carrots that would yield that amount, and calculated how many beds

to plant in carrots - and when to plant them throughout the season."

Tricky enough, but here's where it gets really complicated: she had to do the same calculation for each of the 45 different crops she'd decided to grow. And she had to juggle those 45 crops to make sure that each member would have a nice selection of vegetables every week - and that the total value over the season represented a good return on the \$550 fee each shareholder paid.

Meryl got a lot of help finding the right algorithm for Powisset from the state's tight-knit community of organic farmers, including "gurus" Amanda Cather of Waltham Fields Community Farm and Dan Kaplan of Amherst's Brookfield Farm, whose spreadsheets Meryl was able to adapt. As for which crop varieties to plug into that algorithm, Meryl chose an expansive menu that included 7 varieties of cabbage, 13 varieties of peppers, and 20 different tomatoes, based on what her experience told her would grow well and be popular with the customers. Meryl admits, however, that her biggest

mistake in planning the first year's offerings was in underestimating what adventuresome eaters her members are. "I planted a little celery root as a storage crop," she says. "Well, people loved it, so we're doing more this year. And I wasn't sure how the kohlrabi went over, so I sent out an email saying that I'd do less this year. People emailed me back, 'No, we want the kohlrabi!'"

Powisset Farm's debut season as a CSA went remarkably smoothly. While a terrible drought last summer devastated farms nationwide, Powisset sailed through relatively unscathed, with nothing more than what Meryl calls "low-budge" irrigation from a couple of garden hoses, a system she plans to upgrade this season.

And the measures of last season's success are everywhere. Two more acres have been added to cultivation, and the number of CSA shares will double to 200 this season. Under the heading, "Imitation is the sincerest form of flattery," Molly Fogleman, one of Meryl's original crew, was hired away to start another organic farm in Dover. And last



year's members overflow with gratitude for the experience Meryl gave them. Nils Hoernle, who got his first CSA experience at Powisset Farm, declares, "It has changed my life for the better."

Nils, an internist, knows whereof he speaks. "All day long," he says, "I see people with diet-related problems such as obesity, high blood pressure, high cholesterol, diabetes, heart disease. We know these problems can often be reversed by changing our diet. Well, joining a CSA is the best solution I've seen come along."

He explains that even in his own health-conscious household, the steady arrival of Powisset Farm produce changed his family's eating habits. "The vegetables were so good – and not just the usual varieties, but some really exotic ones. They were grown without chemicals in soil by people we knew and picked the same day, so there was no loss of nutrients. And we'd get so much every week that we'd *have* to eat them. We basically stopped eating out

– and the weight just dropped off me."

He adds, "It's the healthiest food on the planet, and it's right down the street, closer than the grocery store." The fact that Powisset Farm is in Dover, a mere 16 miles from Boston, means that it plays another role for its members besides producing beautiful food for them. For many, it is a first introduction to the miracle of the growing season. "We want people to know that a suburban farm does exist," Meryl says. "There's a lot of richness to that. So we try to make the farm accessible." When CSA members come to pick up their week's share, they find a blackboard that lists vegetables and flowers that are ready for them to pick in the fields, if they like.

Not every CSA is so welcoming. Some simply truck the week's produce to a drop-off spot or expect their members to grab their box of vegetables and go. But Powisset Farm is a Trustees property and sharing the landscape with the community is an important part of the

mission. "We want our members to feel like this is their farm," Meryl says firmly. This ideal requires a higher standard of housekeeping from her than most farmers have to maintain.

"We label stuff in the field and keep it weeded," Meryl says. "At first, some of our members were reluctant to go down there. Now, their kids are running to the field to eat cherry tomatoes off the vine."

While she's clearly given something revelatory to her members, Meryl insists that she's the lucky one. "I feel blessed to have this experience, the support of the community, and the support of The Trustees," she says. "It's a really exciting time in the organization. I've been given incredible freedom as a young farmer. Now it's my job here to make good food accessible to everyone."

*Michele Owens is a Saratoga Springs, NY, writer eager to get her hands and knees dirty in either of her two gardens.*

"It's the healthiest food on the planet, and it's right down the street, closer than the grocery store!"

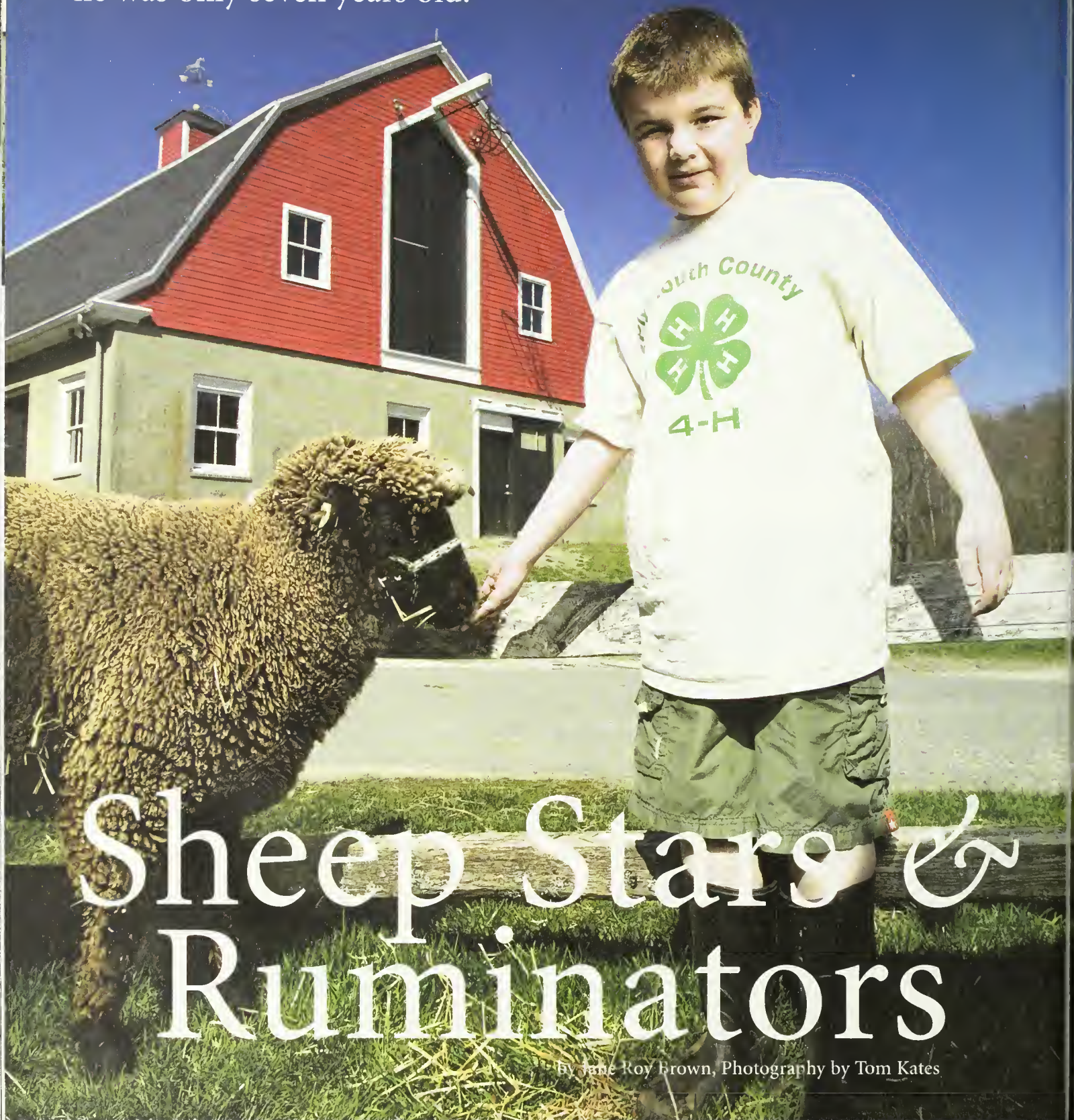
– NILS HOERNLE





SOMETHING WILL HAPPEN

Three years ago, when Dean Powers joined the 4-H club at Weir River Farm in Hingham, he didn't know where it would take him. "When I started out I was just mucking stalls," he recalls. But then, he was only seven years old.



# Sheep Stars & Ruminators

By Jane Roy Brown, Photography by Tom Kates



Last summer, his 4-H foray took Powers and two other members of his club, the Sheep Stars and Ruminators, as far as the Marshfield Fair, where he showed a young Corriedale sheep. To be eligible to show in the fair, Powers, then nine, had to log 20 hours of work at the farm in advance. Then he leased the animal – a ewe he named Half-and-Half for her brown and white fleece – for \$50 and signed an agreement to spend the summer preparing to show her.

“It was work, work, work,” he recalls, explaining that he made as many as four trips a week from his home in Scituate to Weir River Farm to feed, water, groom, exercise, and train his charge to be led on a halter.

During the two-week-long fair, his mother drove him daily to the fairgrounds, where Powers took full responsibility for Half-and-Half and participated in a host of events, some competitive, some not. He netted a handful of ribbons over the fair’s duration, for contests including sheep knowledge, judging, fitting, and showmanship. He racked up more points by demonstrating how to lead a sheep on a halter. Points carry a dollar value, and at the end of the fair he picked up a check for \$50.

His mother, Marie Carey-Powers, sees other rewards from his 4-H activities. “I’ve been able to move into the background and allow him to be more independent,” says Carey-Powers, who has been an enthusiastic Trustees member for seven years.

**LEFT: Dean Powers extends a hand to Half-and-Half, the Corriedale sheep he cares for at Weir River Farm in Hingham.**

**ABOVE: Members of the Sheep Stars and Ruminators show off their 4-H banner and ribbons at the barn.**



“Raising an animal teaches responsibility, time management, how to compete – how to be humble in victory and learn from defeat,” says Donna Woolam, who, as director of agriculture and education at the Eastern States Exposition (“The Big E”) in West Springfield, oversees 4-H participation. “It gives young people a chance to accomplish something that they are totally responsible for.”

The 4-H program at Weir River Farm was launched in 2003 with the arrival of Meghan Connolly, the farm’s education and interpretation coordinator. With pigs, horses, sheep, goats, llamas, and chickens, the farm was a magnet for families.

“Here we had the animals and the kids, but not enough staff to connect the two – it was just the farmer and me,” says Connolly. A former 4-H’er, she knew that a 4-H club could attract the adult volunteers she needed to create programs that would captivate kids – and adults, too.

4-H and The Trustees may have different goals and missions, but, according to Sherry Guyott, 4-H director for Massachusetts, they share the concern that the loss of farms and farmland will increase the distance – and the knowledge gap – between people and the land. Most 4-H kids are interested in animals, but with the disappearance of small, family farms where kids owned the animals

they cared for, 4-H has had to change its model for animal science programs. “We’re dependent on organizations like The Trustees for animals and barns. So it’s a great partnership from our perspective.” And from The Trustees’.

## The Roots of 4-H

GUYOTT AND OTHERS DESCRIBE HOW 4-H has branched out since its founding in the early 20th century, when more than half the U.S. population lived and worked on small farms. Today less than a quarter of the population lives in rural areas, and farms have grown larger, more specialized, and highly mechanized.

In Massachusetts, 4-H staffers work for the University of Massachusetts Amherst, one of 106 state universities founded in the 19th century by the U.S. Department of Agriculture and state governments to teach agriculture to rural students. Later, these universities added experiment stations to explore new farming techniques, and an outreach arm, the cooperative extension. 4-H – “Head, Heart, Hands, and Health” – was a way for extension agents to spread knowledge from their institutions.

As small farming began to decline in the mid-20th century, 4-H diversified, expanding its core focus to personal





Brent Powers (LEFT) feeds Barred Rocks in the chicken pen while (ABOVE) Heather Gaughan and Billy the Pygmy Goat share a quiet moment. BELOW LEFT: Melissa Krusell cradles a baby chick. OPPOSITE PAGE: 4-H participants show off their Holsteins at the Dairy Show held at the Eastern States Exposition in Springfield.



growth. Today only 45 percent of 4-H'ers live in rural areas, and club members can choose from more than 1,000 subjects, or "project areas," from DNA analysis to public speaking.

"The goal is to give kids the resources to grow into well-rounded, confident adults," says Guyott. "We teach life skills, coping skills, communication, decision making, teamwork, and record keeping. These have always been at the core of 4-H."

That said, the organization remains strongly identified with agriculture – Guyott estimates that 70 percent of Massachusetts 4-H'ers have historically focused on animal science – and with the loss of small farms, enrollment is slipping. Massachusetts 4-H club enrollment, now 3,012, is about a quarter of what it was in 1980. While waning agriculture is a factor, funding cuts have affected 4-H more directly, Guyott says. When Massachusetts eliminated most county governments in the late 1990s, 4-H lost a key funding source. State budget cuts have also forced 4-H to trim staffing and

charge a \$50 membership fee. Other contributing trends include a national decline in volunteerism, more mothers entering the workforce, and a burgeoning number of activities for kids.

## Farms, Fairs, & 4-H

AGRICULTURAL FAIRS, WHICH ARE AS old as cultivation itself, serve as a primary venue for 4-H, and their fates would appear to be entwined – but not, apparently, in a linear way. Anecdotally, smaller fairs that can't afford to add carnivals and other popular entertainments are vanishing. But those that can, like the Barnstable, Topsfield, and Marshfield fairs, are going strong and helping keep 4-H alive in local communities.

And of course there's The Big E. Founded in 1916, it drew 1.2 million visitors last year and is New England's largest fair. Last year it featured more than 120 agricultural competitions, about



## SOMETHING WILL HAPPEN

40 of which involved 4-H. "We are holding steady in the agriculture department in some of our competitions," says Woolam, "but numbers have changed within them." In the livestock area they've added llamas and alpacas, and some of the less historical show breeds, such as Belted Galloways and natural fiber sheep.

As for 4-H, she says, "participation is cyclical. We had a large number of 4-H beef kids in the early 2000s, but they've graduated, and we are just starting to see a return to those figures as 12-year-olds become eligible this year."

The real challenge is enticing 4-H'ers to exhibit, which requires money, supportive parents, time, and motivation. "That's why we try to hook 'em while they're young," Woolam says. It also requires access to animals. And that's where The Trustees come in.

At the final 4-H awards assembly at the Marshfield Fair last summer, the three members of Weir River Farm's Sheep Stars and Ruminators Club sat

patiently while other clubs collected armfuls of ribbons. Then the announcer called their names. The kids flashed each other surprised glances before heading for the stage, where they claimed a special state award. "It was for representing a new place that's increasing education all over the South Shore, encompassing all the great things 4-H does," says Connolly, who now advises a fledgling program at The Trustees' Appleton Farms in Ipswich and has plans for one at Powisset Farm in Dover.

"We got a big purple ribbon – it's on display at the farm," beams Dean Powers. Now a seasoned veteran, Powers feels he's learned a trick or two, and is keen to show Half-and-Half at the fair again this summer. "She tries to distract me," he says, "but I'm not falling for it."

*Jane Roy Brown is a writer and Trustees member based in western Massachusetts.*

Find a 4-H club near you:  
[www.4-h.org](http://www.4-h.org) or [www.mass4h.org](http://www.mass4h.org)



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PEOPLE AND PLACE

# Healthy Food, Healthier Community

By Maureen Costello



Nutritionist and neighborhood activist Vivian Morris is eagerly awaiting the return of a farmers market to Mattapan Square this summer.



AS A NUTRITIONIST AT BOSTON MEDICAL CENTER, Vivien Morris sees the damage poor diets wreak on low-income communities every day.

"People know they should eat fruits and vegetables, but these staples cost more than people can afford," says Morris from her home in Boston's Mattapan neighborhood.

Morris's concerns mirror the findings of a 2005 Boston Medical Center (BMC) study, "The Real Cost of a Healthy Diet," a response to a litany of nutrition-related diagnoses, such as diabetes and high blood pressure, among the hospital's low-income patients.

"Sometimes there was a \$150 gap between what people could afford and the cost of healthy food," Morris says, adding that many of the patients studied receive Food Stamps and other government-issued food vouchers. "And, it's hard for them to find fresh food in their neighborhood."

Mattapan, where Morris has lived for 20 years, is a predominantly African-American neighborhood, with a mix of Haitian immigrants and Hispanics. "There's a medium-sized grocer here and large grocery chains in neighboring communities," she says, "but no good, healthy choices close to home. It's a food desert."

Food deserts are neighborhoods, usually urban, usually low-income, that lack access – whether physical or financial – to food

needed to maintain a healthy diet. But these neighborhoods often have plenty of fast-food options, and Mattapan is no exception. The neighborhood's center boasts a McDonald's, a Burger King, and independent fast-food restaurants. Their prices, especially McDonald's Dollar Menu, tempt residents on tight budgets who seek food quantity over quality. Children and teens are especially vulnerable, and, to add to the problem, they often get little exercise.

"I knew we had to do something," Morris says. In January 2007, she and BMC colleagues teamed with the Mattapan Community Development Corp., Mattapan Community Health Center, other urban nutrition experts, and Brookwood Community Farm in Milton to form the Mattapan Food and Fitness Coalition. The mission of the group – which has grown to more than 20 organizations and neighborhood activists, including Boston Natural Areas Network (BNAN) – is to encourage physical activity and advocate for local and affordable resources of nutritious foods.

The Coalition's first project? A farmers market in Mattapan Square, co-hosted by the Church of the Holy Spirit and Jubilee Christian Church.

Besides Brookwood – which has two acres in organic vegetable production less than five miles from Mattapan – the Coalition started working with Wil Bullock, Farm Educator with The Trustees of Reservations and a former Mattapan resident. The Trustees, with a deep commitment to preserving agricultural landscapes, find that when land is actively farmed, the fresh, local food produced is a great connector – of people to the land, and to one another.

At the market's gala opening at the Jubilee Christian Church, drummers beat African rhythms while vendors hawked fresh corn, salad greens, herbs, and flowers. Small crowds gathered to watch as community nutritionists deftly transformed crops into colorful, vitamin-drenched salads and flavorsome sauces. Bundles of fresh fruits, vegetables, herbs, and blooming flowers arrived from gardeners in the community. A long-haul trucker brought corn and melons from his travels in the southern United States. Representatives from the Mattapan Health Center and Blue Cross Blue Shield of Massachusetts offered tips on healthy lifestyles.

But sales were slow, and it took time for community members to warm up to the idea of buying from a farmers market. "We hadn't done very much outreach because we started so late and put it all together so quickly," Brookwood Farm manager Judy Lieberman recalls. She watched as customers who did visit the market cautiously inspected her produce for the "perfect" tomato or melon – basing their ideas of "perfect" on the processed offerings found at traditional grocery stores.

**Laying the groundwork:** Brookwood Farm also sells its produce during Boston Natural Areas Network's annual Harvest Festival at City Natives in Mattapan.





## PEOPLE AND PLACE

"People hear a lot about what they should eat," comments The Trustees' Bullock, "but there aren't a lot of hands-on programs on what a tomato is supposed to look and taste like." But after a few Saturdays, Lieberman says, "people definitely got more excited about the food."

The frequent shoppers tended to be older women, but Lieberman remembers one pair, a mother and her teen son, who stood out. "He'd been trying to convince his mom to eat healthy and to buy organic," Lieberman says, adding that the boy learned about the importance of good food from a book he had read.

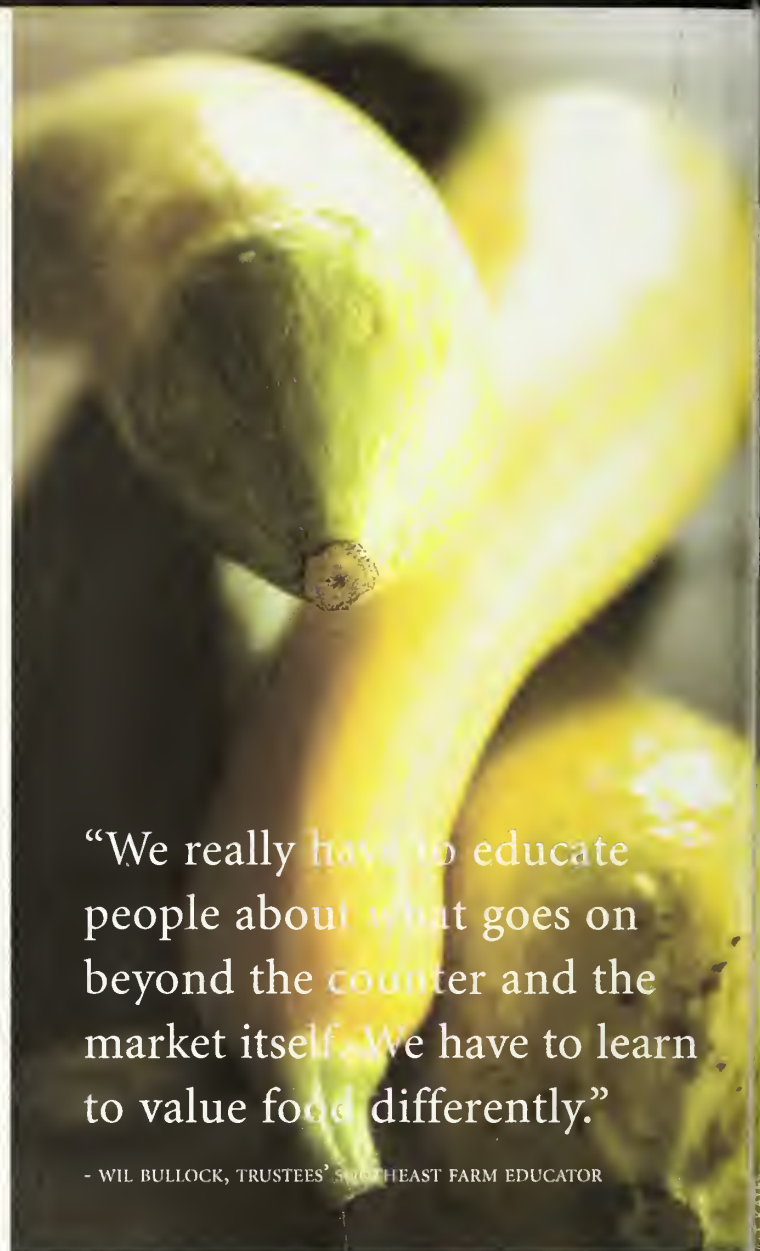
The boy is someone Bullock, now 27, can easily identify with. A Dorchester native, Bullock has been farming since he was 15. As a teen, he spent summers traveling to Lincoln to be part of The Food Project, a nonprofit program that teaches urban and suburban teens how to farm from the ground up, from seed care to business practices to sustaining a wholesome food supply.

His transition from The Food Project to become The Trustees' Southeast farm educator was an easy one. He's determined now to bring it back home and help make healthy, fresh food available to his Mattapan neighbors. "Everybody has the right of access to healthy food and to the land," he says. For The Trustees, access to the land can mean bringing the land to people, through programs such as the Mattapan farmers market. And, thanks to the work of Bullock and others, The Trustees' Bradley Estate in Canton and Powisset Farm in Dover will also be providing food for the Mattapan market this summer.

But bringing the farm to the city is a big step, and the new farmers market still faces challenges, such as the higher cost of locally grown food. "At least people want the good stuff," Bullock says. "They no longer think you're speaking a foreign language when you talk about sustainable, local produce. But the pricing was a problem last year. We really have to educate people about what goes on beyond the counter and the market itself. We have to learn to value food differently."

Pricing – and familiarity with what food is for sale at the market – are obstacles the Food and Fitness Coalition hopes to overcome this year. A Hmong farm, with whom the Coalition connected through a University of Massachusetts program that helps immigrants get started in farming, sold food native to Southeast Asia last summer. But that farm probably won't return this year.

"They had very beautiful, wholesome food, but it wasn't a cultural match," says Morris. "It would have worked if we were a larger market." This year, the UMass program is helping the Coalition find an African immigrant farmer whose foods would be more familiar to the customers.



"We really have to educate people about what goes on beyond the counter and the market itself. We have to learn to value food differently."

– WIL BULLOCK, TRUSTEES' SOUTHEAST FARM EDUCATOR

This year's market will run from mid-July through mid-October at the Church of the Holy Spirit in Mattapan Square. Morris, who is also coordinator of BNAN's Kennedy Community Garden, and the Coalition are already busy, reaching out and reminding residents of the upcoming market.

They're also making sure residents know that food stamps and government vouchers are redeemable at the market, including from the federal Women, Infants, and Children (WIC) program and from the Massachusetts Department of Agricultural Resources. And, because fitness is as important to optimal health as nutrition, the Coalition is planning a large, community-wide day of fitness called "Mattapan Moving for Life."

Farms and farmers, healthy food and healthier customers. As Wil Bullock says: "We've opened up the flood gates."

*Maureen Costello is a freelance writer whose work frequently appears in the City Weekly section of Boston Globe.*



# Words to eat by

By Katharine Wroth

WHEN YOU DUCK INTO THE GROCERY STORE THIS SUMMER, you're likely to find something even more refreshing than air-conditioned comfort: you might encounter a whole new focus on local, organic foods. Such eco-offerings – which are cropping up at supermarkets across the country – are almost always better choices for your health, your local economy, and the health of the planet than their conventional counterparts.

But how can you make sense of them all? **Here's a guide to the basics:**

**Organic food** is grown and produced without pesticides, antibiotics, synthetic fertilizers, and other nasty chemicals. Organic methods are carefully regulated by the U.S. Department of Agriculture, so look for the green-and-white seal to be sure you're buying a certified product. While you can find anything from organic crackers to organic liquor these days, the higher costs can add up quickly.

To make the most of your dollar, prioritize your organic purchases by focusing on fruits and vegetables, which tend to carry the heaviest pesticide loads. And shop with care: many terms you might encounter – such as **natural** and **free-range**, which suggest more responsible care for livestock and poultry – aren't well defined, so don't assume they're a healthier choice.

While navigating the aisles, you might also see **local food** – products that come from your state or region. Some people, dubbed **locavores**, aim to eat only local items, often those

grown or raised within a 100-mile radius. But if you're not quite ready to say goodbye to staples like coffee and bananas, you can still find plenty of both to purchase close by.

Why bother? You'll cut out the 1,000-plus shipping miles most grub travels from farm to plate, support your local economy, and feast on the season's best bounty.

If you don't see local items at your supermarket, it may be time to venture to a farmers market or join a **Community Supported Agriculture (CSA)** program, where you invest in a farm at the beginning of the growing season and reap a weekly supply of just-harvested items.

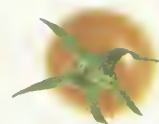
Getting to know your local farmers could lead to interesting conversations about **slow food** – a movement that fights our society's fast-food tendencies. You might also find yourself eating **heirloom** varieties (traditional, non-industrial vegetables sustained through the generations) and exploring **arks of taste** that celebrate regional traditions and support endangered food cultures.

Whether or not you dig into such meaty topics, you're sure to find food for thought. Bon appetit!

Katharine Wroth is a senior editor at *Grist.org*.

Hungry for more information about eating locally and more responsibly?

Visit [www.thetrustees.org/words](http://www.thetrustees.org/words).



## The Perfect Gift for your Dad or Grad.

This summer, share the gift of conservation and the outdoors with friends and family. Whether it's for a graduation celebration, Father's Day, a birthday, or an anniversary, a Trustees membership rewards all year long.

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Visit [www.thetrustees.org/gift](http://www.thetrustees.org/gift) or call us at 978.921.1944 (M – F, 9AM – 5PM).



# SUMMER EVENTS!

JUNE THROUGH SEPTEMBER 2008

Find more to do online – visit us at [www.thetrustees.org](http://www.thetrustees.org)

## BERKSHIRES REGION



Saturdays through September | 12NOON  
**Monument Mountain Quest**

MONUMENT MOUNTAIN, GREAT BARRINGTON  
413.298.3239 x3000

Grab your clues at the trailhead, then begin your self-guided discovery of the history and natural history of Monument Mountain. *FREE.*

Saturdays, June – October | 10AM  
**In Search of the Mohicans Quest**

MASON HOUSE, STOCKBRIDGE 413.298.3239 x3000

Follow clues on a mile-long journey to artifacts and sites that help tell the history of the Mohicans in Stockbridge. *FREE.*

Saturdays, June – October | 1 – 2PM  
**Rocks, Roads, Revolution Quest**

BARTHOLOMEW'S COBBLE, SHEFFIELD  
413.229.8600

Follow a self-guided, one-mile treasure hunt, uncovering the stories held in the landscape surrounding the Cobble and the Ashley House. *Members: FREE. Nonmembers: FREE with admission.*

Saturdays, June 14 – October 11  
12NOON – 1:30PM

**Field Farm Family Quest**

FIELD FARM, WILLIAMSTOWN  
413.458.3135

From the nature center, pick up a map and follow the clues through Field Farm's gardens, trails, forests, and fields. *FREE.*

Daily, through Columbus Day | 10AM – 4PM  
**Look Closely With Kipper – Family Self-Guided Garden Adventure**

NAUMKEAG, STOCKBRIDGE 413.298.3239 x3013

Kids (AGES 4–9) can follow the trail of "Kipper

the Dog" with his backpack of tools and clues to discover the gardens of Naumkeag.

*Members: FREE. Children's program pack rental \$5. Nonmembers: FREE with admission; Children's program pack rental \$5.*

Sundays, June 1, 8, 15; Saturday, June 21;  
Sundays, July & August | 8:30 – 11:30AM  
Sundays, September & Labor Day, September 1  
9AM – 12NOON

**Housatonic River Guided Canoe Trip**

BARTHOLOMEW'S COBBLE, SHEFFIELD  
413.229.8600

Paddle past ledges and floodplains, watching for bald eagles, turtles, and abundant other wildlife. We provide boats, paddles, and life preservers. *Members: Adult \$24; Child (6–12) \$12. Nonmembers: Adult \$30; Child (6–12) \$15. Please pre-register.*

Saturdays, June 14 – October 11  
12NOON – 5PM

**Tour The Folly at Field Farm**

FIELD FARM, WILLIAMSTOWN  
413.458.3135

Explore the intersection of modern architecture, art, and nature on a guided tour. *Members: FREE. Nonmembers: \$5.*

Saturdays & Wednesdays, June 4 – October 11  
1 – 5PM

**Ashintully Afternoons**

ASHINTULLY GARDENS, TYRINGHAM  
413.298.3239 x3000

Discover the peace and tranquility of this lovely landscape of gardens, lawns, and fountain. *FREE.*

Sunday, June 29 | 9AM – 2PM

**Sheffield Covered Bridge Canoe Trip**

BARTHOLOMEW'S COBBLE, SHEFFIELD  
413.229.8600

This nine-mile, guided Housatonic paddle ends at the Cobble. Bring a picnic lunch. We provide boats, paddles, and life preservers. *Members: Adult \$28; Child (10–12) \$12. Nonmembers: Adult \$35; Child (10–12) \$20. Please pre-register.*

Sundays, July | 2 – 3PM

**Music in the Gardens**

NAUMKEAG, STOCKBRIDGE 413.298.3239 x3013

Come join us Sunday afternoons for an hour of music while enjoying the serenity of Naumkeag's famous gardens. Volunteers are needed to help out at this event – please call the number above if you are interested. *Members: FREE. Nonmembers: FREE with admission.*

Mondays, July & August | 2 – 3PM

**Afternoon in the Gardens**

NAUMKEAG, STOCKBRIDGE 413.298.3239 x3013

Enjoy a guided walk through Mabel Choate's and landscape architect Fletcher Steele's creation of beauty in the Berkshires. *Members: FREE. Nonmembers: FREE with admission.*

Saturday, July 5 | 11AM – 2PM

**Butterfly Walk at Mountain Meadow**

MOUNTAIN MEADOW, WILLIAMSTOWN  
413.458.3135

You'll be delighted at the winged wonders you observe on this exploration with guide Pam Weatherbee. From the Mason Street entrance. *FREE.*

Saturdays, July 5 – August 30 | 10 – 11:30AM  
(special programs July 12; August 2, 9)

**Best of the Cobble**

BARTHOLOMEW'S COBBLE, SHEFFIELD  
413.229.8600

On these guided trips, explore the unusual rock formations, plants, and wildlife that make the Cobble such a special place. *Members: Adult/Child \$4; Family \$12. Nonmembers: Adult/Child \$6; Family \$15.*

Thursday, July 10 | 8 – 9:30PM

**Firefly Guided Hike**

FIELD FARM, WILLIAMSTOWN  
413.458.3135

Explore the world of fireflies with a dusk hike, stories, and campfire. *FREE.*



Saturdays, July 12; August 9 | 10AM – 12NOON

### Reptile Roundup – Fun for Families

BARTHOLOMEW'S COBBLE SHEFFIELD

413 229 8600

Search for snakes and turtles with a naturalist who will discuss the habits and homes of these animals. (AGES 6 AND UP) *Members: Adult/Child \$4; Family \$12. Nonmembers: Adult/Child \$6; Family \$15. Please pre-register.*

Monday – Friday, July 14 – 18 | 9AM – 12NOON

### Design Your Own Folly (AGES 10–13)

NORTHERN BERKSHIRE CREATIVE ARTS

NORTH ADAMS 413 663 8338

Kids will spend a week exploring art and imaginative building design, then exhibit their final projects at The Folly. *Members: \$125. Nonmembers: \$150.*

Friday, July 18 | 6 – 7:30PM

### Youthful Folly Art Exhibit

FIELD FARM WILLIAMSTOWN

413 458 3135

View building designs by young artists, then enjoy an early evening picnic by the beaver pond. *FREE.*

Thursdays, July 17 – August 14

9AM – 12NOON

### The Artist as Botanist

FIELD FARM & MOUNTAIN MEADOW

WILLIAMSTOWN 413 663.8338

Explore your creative side through drawing and painting these spectacular Berkshire habitats, inspired by the legacy of botanist Grace Greylock Niles. *Members: \$135. Nonmembers: \$160.*

Friday, July 18 | 8 – 10PM

Friday, August 15 | 7 – 9PM

### Moonlight Paddle

BARTHOLOMEW'S COBBLE SHEFFIELD

413 229 8600

Enjoy a moonlight paddle with a naturalist guide and watch for beaver, bats, and evening wildlife. *Members: Adult \$24; Child (10–12) \$12. Nonmembers: Adult \$30; Child (10–12) \$15. Please pre-register.*

Friday, July 25 | 7 – 9PM (RAIN CANCELS)

### Sunset Photography Hike

BARTHOLOMEW'S COBBLE SHEFFIELD

413 229 8600

Amble along trails in the early-evening light with a photographer guide and enjoy the sunset from Hurlburt's Hill. *Members: \$5. Nonmembers: \$8. Please pre-register.*

Friday, July 25 | 6 – 9PM

### The Garden Party at Naumkeag

NAUMKEAG, STOCKBRIDGE 413 298 3239 x3013

Enjoy cocktails at sunset, an excellent buffet, music, and a silent auction. Have fun while supporting the restoration projects of the Stockbridge Properties Committee. *Tickets must be purchased in advance.*

Tuesdays in August | 11AM

### From Barnyard to Breakfast Table:

#### The Farm at Naumkeag

NAUMKEAG, STOCKBRIDGE 413.298.3239 x3013

Explore the barn (ordinarily closed to the public) and learn how the farm was an integral part of this family estate. *Members: FREE. Nonmembers: FREE with admission.*

Saturday, August 2 | 10AM – 12NOON

### Live Birds of Prey with Tom Ricardi

BARTHOLOMEW'S COBBLE SHEFFIELD

413 229 8600

Get up close and personal with hawks, owls, and a bald eagle as wildlife rehabilitator Tom Ricardi tells their stories. *Members: Adult \$8; Child (6–12) \$4. Nonmembers: Adult \$10; Child (6–12) \$5. Please pre-register.*

Sunday, August 3 | 9:30AM (RAIN OR SHINE)

### Hike into History

MONUMENT MOUNTAIN GREAT BARRINGTON

413 229 8600

Retrace the footsteps of Melville and Hawthorne, who met on a hike here in 1850. Co-sponsored by the Berkshire Historical Society. *FREE.*

Thursday, August 21 | 7:30 – 9PM

### Sounds of the Summer Night

FIELD FARM WILLIAMSTOWN 413 458 3135

Watch and listen for nocturnal animals and insects. Bring a flashlight. *FREE.*

Saturday, September 6 | 1 – 4PM

### Naumkeag Farm Day

NAUMKEAG, STOCKBRIDGE 413 298.3239 x3013

See why farms and families go together at the barn with games, pony rides, crafts, and more. *Members: FREE. Nonmembers: \$20 per car.*

## VOLUNTEER OPPORTUNITIES

Volunteer at the following events:

Thursdays, through October | 9 – 11:30AM

### Bartholomew's Cobble

#### Eco-Volunteers

BARTHOLOMEW'S COBBLE SHEFFIELD

413 229 8600

Pull, lop, and chop invasive weeds to protect the Cobble ecology. *FREE.*

Tuesdays, through October | 10AM – 12NOON

### Naumkeag Garden Volunteers

NAUMKEAG, STOCKBRIDGE 413 298 3239 x3013

Put on your garden gloves and join horticulturalist Anne Gannon to keep the historic gardens of Naumkeag looking their best. *FREE.*

Wednesdays, through September

9AM – 12NOON

### Field Farm Trail and

#### Garden Volunteers

FIELD FARM, WILLIAMSTOWN 413 458 3135 x3000

Help care for the sculpture garden and four beautiful miles of trails. *FREE.*



Thursday, August 21 | 12NOON – 3PM

### Mum Bett Day Celebration

ASHLEY HOUSE, SHEFFIELD

413.298.3239 x3013

Mum Bett successfully sued for her Freedom on this day in 1781 and was instrumental in ending slavery in Massachusetts. *FREE.*



First, Third Saturdays, through September

9AM – 12NOON

### **Monument Mountain Trail Volunteers**

MONUMENT MOUNTAIN, GREAT BARRINGTON

413 298 3239 x3000

Do your part to maintain the trails of this outstanding scenic landmark. No charge for the exercise! *FREE.*

Second, Fourth Saturdays, through September

9AM – 12NOON

### **Tyringham Cobble Trail Volunteers**

TYRINGHAM COBBLE, TYRINGHAM

413 298 3239 x3000

Help spruce up the loop trail at this peaceful setting. Be sure to take time to enjoy the views. *FREE.*



## **PIONEER VALLEY REGION**

Tuesday, June 17 | 7 – 9PM

### **Meet the Conservation Landowners**

BRYANT HOMESTEAD BARN, CUMMINGTON

413 268 8219

Come learn from your neighbors' experiences and find out if land conservation is right for you. *FREE. Please pre-register.*

Weekends, June 28 – October 12;

Labor Day & Columbus Day | 1 – 5PM

### **Tour the William Cullen Bryant Homestead**

BRYANT HOMESTEAD, CUMMINGTON

413.532.1631 X13

Explore the ancestral home of the great 19th-century poet, newspaperman, and essayist, and wander the grounds above the Westfield River. *Members: FREE.*

*Nonmembers: Adult \$5; Child \$2.50.*

Weekends, June 28 – Columbus Day | 1 – 5PM

### **I Spy! (AGES 3–9)**

BRYANT HOMESTEAD, CUMMINGTON

413 532 1631 X13

Be a detective! Discover the Homestead's secrets on this self-guided walk using a hands-on "Spy Pack." *Members: Child \$4.*

*Nonmembers: Child \$6. Special family rate.*

*All children must be accompanied by an adult.*

Sunday, June 29 | 2 – 4PM

### **Poetry in the Country**

BRYANT HOMESTEAD, CUMMINGTON

413.532.1631 X13

Celebrate the summer in verse as members of the Florence Poetry Society read selections from their original poems. *FREE.*

Sunday, July 6 | 10AM – 1PM

### **Ancient Woodland Tree ID Trek**

BRYANT HOMESTEAD, CUMMINGTON

413 532 1631 X13

Learn how to identify the Homestead's trees while exploring old carriage roads and footpaths on a moderate, three-mile hike.

*Members: FREE. Nonmembers: Adult \$5; Child \$3.*

*Please pre-register.*

Saturday, July 12 | 10AM – 3PM

### **Bryant Day**

BRYANT HOMESTEAD, CUMMINGTON

413 532 1631 X13

Join in this traditional celebration of Bryant's poetry. Enjoy walks, poetry, music, speech, and, of course, food at this National Historic Landmark. *Members: FREE. Nonmembers: Adult \$5; Child \$3.*



Sunday, July 6 | 1 – 3PM

### **Hike 'n' Haiku**

NOTCHVIEW, WINDSOR

413.532.1631 X13

Poet Colin Harrington will introduce haiku and lead a hike in search of poetic images. Afterward, everyone creates poems. *Members: FREE. Nonmembers: Adult \$5, Child \$3. Please pre-register.*

Tuesday, July 22 | 7 – 9PM

### **The New Chapter 61**

STANTON HALL, HUNTINGTON 413 268 8219

Learn how to maximize the potential of your land for forestry, agriculture, or recreation, while significantly reducing taxes. *FREE.*

Thursday, July 24 | 9AM – 3PM

### **Project Learning Tree**

NOTCHVIEW RESERVATION, WINDSOR

413.532.1631 X13

Calling all educators! Learn about trees, plants, and forest ecology. Bring a bag lunch. *Members: FREE. Nonmembers: \$5. Materials: \$15. Please pre-register.*

Fridays, July 25 & August 1 | 9PM

(RAIN DATES: JULY 26 & AUGUST 2)

### **Stargazing at Notchview**

NOTCHVIEW RESERVATION, WINDSOR

413.532.1631 X13

Search the night skies with members of the Arunah Hill Natural Science Center, who will have their big scopes set up to view the heavens. *FREE.*

Saturday, July 26 | 10AM

### **Hilltowns Tour Bike Race**

NOTCHVIEW RESERVATION, WINDSOR

413 532 1631 X13

This annual 40-plus-mile road race starts and finishes at Notchview and features great Highlands scenery. Contact: Northampton Cycling Club ([www.northamptoncyclingclub.org](http://www.northamptoncyclingclub.org))

Sunday, July 27 | 10AM – 12NOON

### **Time Travel at the Chesterfield Gorge**

CHESTERFIELD GORGE WEST, CHESTERFIELD

413 532 1631 X13

Discover how time has shaped the natural and cultural history of the Gorge on this easy-to-moderate hike along the Westfield River. *Members: FREE. Nonmembers: Adult \$5; Child \$3. Please pre-register.*

Sunday, July 27 | 3 – 4:30PM

### **Concert on the Lawn: Greenwood Music Camp**

BRYANT HOMESTEAD, CUMMINGTON

413 532 1631 X13

Join the Camp's talented students for a musical afternoon on the beautiful Homestead lawn overlooking the Westfield River Valley. *FREE.*



Sunday, August 10 | 2 – 4PM

### Dinosaur I.D.

DINOSAUR FOOTPRINTS RESERVATION, WINDSOR  
413.532.1631 X13

Join us as we identify dinosaur tracks and learn more about the creatures that left their marks here millions of years ago.

*FREE. Please pre-register.*

Sunday, August 10 | 10AM – 1PM

### Boreal Forest Fauna and Flora Trek

NOTCHVIEW RESERVATION, WINDSOR  
413.532.1631 X13

Learn about the unique plants and animals of the boreal forest, which is rare in

Massachusetts. *Members: FREE. Nonmembers:*

*Adult \$5; Child \$3. Please pre-register.*



## VOLUNTEER OPPORTUNITIES

Volunteer at the following events:

Saturdays, July 19 & August 16 | 9AM – 12NOON

### Dam Day at the Homestead

BRYANT HOMESTEAD, CUMMINGTON  
413.532.1631 X13

Help us build small dams to correct a longstanding erosion problem. *FREE.*

*Please pre-register.*



## CENTRAL REGION

### TULLY LAKE SUMMER CAMPING SERIES

TULLY LAKE CAMPGROUND, ROYALSTON

These four programs will put you and your family at home in the outdoors. Campers and non-campers welcome! *Pre-register at 978.249.4957.*

Saturdays, June 21 & August 9 | 3:30 – 5PM

### Knots and Tarps

Learn the secrets of a veteran camp crafter and gain confidence in your camping skills.

*Members: \$15. Nonmembers: \$20.*

Saturday, July 12 | 3 – 5:30PM

### Fire Works!

Experience the art of creating fire by, yes, rubbing sticks together. Learn how to use the bow-and-drill method for making fire by friction. *Members: \$20. Nonmembers: \$25.*

Saturdays, July 26, August 16, & August 23  
3 – 5PM

### GPS Adventure

This family-friendly scavenger hunt joins nature and technology in a GPS off-trail navigation adventure. *Members: \$5.*

*Nonmembers: \$8. GPS rental: \$15.*

Saturday, August 2 | 3 – 5PM

### Lean On Me

We provide guidance, poles, and filing tools; you bring your imagination (and the kids).

Then stride off with your own custom-built walking stick! *Members: \$15.*

*Nonmembers: \$20.*

Wednesdays, June – August | 4:30 – 7PM

### Wanderer's Guild

978.248.9455

Join a group of like-minded explorers in the North Quabbin region and celebrate the connections to our natural world.

Sunday, June 22 | 10AM – 12NOON

### Budding Naturalists

DEXTER DRUMLIN, LANCASTER 978.840.4446

Whether it's buds, bugs, bears, or birds that bring you pleasure, you'll love this introductory workshop to nature journaling. Journaling supplies available. *Members: \$10.*

*Nonmembers: \$15. Please pre-register.*

Sunday, August 3 | 10:30AM – 12NOON

### Butterfly Walk

ROCK HOUSE RESERVATION, WEST BROOKFIELD  
978.840.4446

The late-summer wildflowers will be in full bloom so it's the perfect time to observe butterflies. Bring your curiosity and your camera! *FREE.*

Saturday, September 20 | 8AM – 4PM

### Eagle Eye Institute's 6th Annual Hike-a-thon

TULLY LAKE CAMPGROUND, ROYALSTON  
978.249.4957

This annual event helps us continue our work to connect urban young people to nature – and to opportunities for green-industry careers. Gather pledges to inspire you on your hike of 5, 8, or (the full) 22 miles of the scenic Tully Trail. *Please pre-register at hikeathon@eagleeyeinstitute.org. For more information go to www.eagleeyeinstitute.org or call 617.666.5222.*



Saturday, June 14

### National Get Outdoors Day

Enjoy a mountain bike ride on the 7.5-mile loop around Long Pond at 10AM and/or a 4.5-mile hiking loop around Tully Lake at 1pm. Paddling clinics will be held throughout the day; canoe and kayak rentals (\$5 per hour) are available from



## GREATER BOSTON

Including Boston Natural Areas Network (BNAN)

Wednesdays – Sundays, through September  
9AM – 1PM

### Charles River Guided Canoe Tours

CEDAR RIVER, MILLIS 508.785.0339

Discover the Charles and enjoy other Trustees reservations linked by this meandering river. Trip size limited. *Members: Adult \$30; Child \$20. Nonmembers: Adult \$40; Child \$30. Please pre-register. Canoes provided. Check website for additional tours.*

Saturdays & Sundays, through October 26  
9AM – 4PM

### Canoe the Neponset

SIGNAL HILL CANTON 781.821.2996

Bring your family and experience the beauty of nature while enjoying a relaxing paddle on the river. Canoe rentals available. Call 781.821.2996 or Blue Hill Adventures at 781.326.0079 for details.



June 26 through August 28

### Neponset River Greenway Festival (BNAN)

617.877.3896

Join us for this 14th annual, summer-long celebration of Boston's "neighborhood" river, its walking and biking trail, and many riverfront parks. Enjoy 25 family-oriented events in Dorchester, Mattapan, and Hyde Park, and the town of Milton. *FREE.* Call above number or visit [www.bostonnatural.org](http://www.bostonnatural.org) for complete festival event listings.

Thursday, June 26 | 5:30 – 9PM

### Family Fun Night & Neponset 5K Run (BNAN)

NEPONSET RIVER GREENWAY FESTIVAL  
617.542.7696

The Greenway Festival kicks off in grand style as celebrants just have fun or go for a run (or both!). Dance, get your face painted, listen to music, and enjoy free refreshments along the Neponset, which grows healthier and lovelier by the year. *FREE.* Please pre-register (\$15) at 617.962.4756 for 5K run.

Sunday, June 8 | 1PM

### Powisset Farm Grand Opening

POWISSET FARM, DOVER 508.785.0339

Enjoy fresh produce, meet the pigs, and explore this expansive agricultural landscape. Volunteers are needed to help during the day – please call for details if you are interested.

Saturday, June 14 | 9AM

### Canoe Belle Isle Marsh (BNAN)

EAST BOSTON GREENWAY EVENT  
617.877.3896 X204

Explore one of the city's premier salt marshes on a guided paddling tour with BNAN and DCR rangers. Some experience required. *FREE.* Please pre-register.

Saturday, June 21 | 4 – 6:30PM

### Ice Cream Social

FRANKLIN WILSON BIRD PARK, EAST WILMINGTON  
JUNE 21, 2009 617.877.3896

Music, storytelling, and ice cream sundaes are on the menu as we celebrate the beginning of summer! Bring a chair or blanket. *FREE.*

Saturdays, June 21 – August 9 | 9AM – 12NOON

### Saturdays at the Bradley

ELEANOR LABOT BRADLEY ESTATE, CAINTON  
781.821.2996

Join an educator/interpreter and explore the woods, fields, and gardens of this former working farm and country estate, and enjoy plenty of family-friendly activities. *FREE.*

June 21 – September 21

### Summer in the Valley Photo Contest

508.785.0339

Bring out the camera and visit those special Trustees places in the Charles River Valley, familiar or new. Visit [www.thetrustees.org](http://www.thetrustees.org) for contest rules.

Saturday, June 28 | 10AM & 11:30AM

### Beginners Paddle (BNAN)

MOTHER BROOK MILL POND, HYDE PARK  
617.542.7696

Learn the basics of paddling at these two family-friendly canoe excursions, held at the peaceful Mill Pond. For beginners only. *FREE.* Please pre-register by telephone, or by emailing [info@bostonnatural.org](mailto:info@bostonnatural.org).

Fridays, July & August | 9AM – 12NOON;  
1 – 4PM

### Neponset River Adventure

SIGNAL HILL, CANTON 781.821.2996

Learn basic paddling strokes and safety guidelines and then set out for an interpretive guided tour. Cost includes canoe rental for two people. Members: \$40. Nonmembers: \$50. Please pre-register at 781.784.0567 x7001.

Sundays, July 6, August 3, September 7  
8:30 – 10AM

### Green Dogs Hound Hike

ROCKY WOODS, MEDFIELD 508.785.0339

Green Dogs and nonpermit holders enjoy a guided hike with their companions. Learn more about joining the Green Dogs program at [www.thetrustees.org](http://www.thetrustees.org). *FREE.*

Saturday – Sunday, July 12 – 13  
& September 27 – 28 | 11AM

### A Night on the Charles

508.785.0339

Paddle down the river, then enjoy dinner and a night camping out at Rocky Narrows. Trip size limited. Members: Adult \$80; Child \$50. Nonmembers: Adult \$100; Child \$70. Please pre-register.

Saturday, July 19 | 9 – 11AM

### Tomatoes 101 (BNAN)

REXINGTON URBAN FARM, 38 FABYAN STREET  
DORCHESTER 617.542.7696

Learn all you need to know about raising great tomatoes, from pruning to pest control. *FREE.* For more urban gardening workshops, visit [www.bostonnatural.org](http://www.bostonnatural.org).

Sunday, July 20 | 1 – 3PM

### Lost or Found

ROCKY WOODS, MEDFIELD 508.785.0339

Learn how to orient yourself with a map and compass using basic orienteering skills. Members: Adult \$5; Child \$2. Nonmembers: Adult \$7; Child \$3. Please pre-register.

Sunday, August 17 | 1 – 3PM

### Trees Up Close

NOANET WOODLANDS, DOVER 508.785.0339

Discover what's special about the various tree species you pass in the woods on this guided ramble. Members: Adult \$5; Child \$2. Nonmembers: Adult \$7; Child \$3. Please pre-register.

Sunday, September 7 | 1 – 2:30PM

### No Grandchild Left Indoors

ROCKY WOODS, MEDFIELD 508.785.0339

Celebrate National Grandparents Day with your (pre-school-aged) grandchildren. Begin with a book reading, then share stories. Special snacks included! *FREE.* Please pre-register.

Sunday, September 14 | Check in: 9 – 11AM  
**Equestrian Trail Ride Fundraiser**

NOANET WOODLANDS AND POWISSET FARM,  
DOVER, ROCKY WOODS, MEDFIELD 508.785.0339

Ride a marked route over wooded cart paths and open meadows of three great reservations with the Bay State Trail Riders Association. Some of the proceeds benefit The Trustees. Fee required. For more details and to pre-register, email [jlbonenfant@gmail.com](mailto:jlbonenfant@gmail.com).

Sunday, September 14 | 11AM – 2PM

### Moose Hill Farm Picnic

MOOSE HILL FARM, SHARON 781.784.0567

You bring your lunch; we supply the ice cream. Enjoy lawn games, tours, and the self-guided "Rooms in Time" Quest as we celebrate the reservation's first anniversary. *FREE.*

Saturday, September 20 | 9AM – 4PM

### Powisset Farmstand Sale

DOVER TOWN COMMON 508.785.0339

Stop by our booth at the Dover Days Fair to get farm fresh veggies and to renew your Trustees membership.

Saturday, September 20 | 10AM – 2PM

### Harvest Festival & Perennial Divide (BNAN)

CITY NATIVES, 30 EDGEWATER DRIVE  
MATTAPAN 617.542.7696

Don't miss this annual celebration of the season, featuring a cider press, music, produce from local growers, children's activities, and more. *FREE.*



## VOLUNTEER OPPORTUNITIES

Volunteer at the following events:

Second Saturdays, through October

### Love It, Don't Leave It

Upper Charles River Greenway Watertown,

NEWTON WALTHAM 508.785.0339

Join us and the Department of Conservation and Recreation as we continue to clean up this community jewel. *FREE.*

Fourth Saturdays, through October

### Down and Dirty Trail Project

PROJECT LOCATIONS VARY 508.785.0339

Roll up your sleeves and lend a hand to maintain some of the 52 miles of trails found in the Charles River Valley!

Call for weekly project locations. *FREE.*

Saturdays, June 28, July 26, August 30,

September 27

### Friends in the Fields

POWISSET FARM, DOVER 508.785.0339

Work with the farm crew to help plant and weed, or lend a hand on a special farm project.

Contact Meryl LaTronica at [mlatronica@ttor.org](mailto:mlatronica@ttor.org).

## NORTHEAST REGION

### HISTORIC HOUSES

For more information, call 978.921.1944

x8815. For group tours (available by appointment only), call 978.921.1944 x4009 or visit

our website, [www.thetrustees.org](http://www.thetrustees.org), for further information and/or registration. Recommended for children 8 years and older.

Thursdays and Saturdays, through October 11

10AM (90-MINUTE & 45-MINUTE TOURS)

### Castle Hill Landscape Tours

THE CRANE ESTATE, IPSWICH

Members: *FREE.* Nonmembers: \$5.

Wednesdays – Saturdays, through October 13

10AM – 1PM (60-MINUTE TOUR)

Closed Friday, July 4

### The Great House at Castle Hill

THE CRANE ESTATE, IPSWICH

Members: *FREE.* Nonmembers: Adult (18+) \$10; Child \$5.



## SUMMER AT THE OLD MANSE

CONCORD 978.369.3909

Mondays – Saturdays | 10AM – 5PM; Sundays and holidays | 12NOON – 5PM

(LAST TOUR 4:30PM)

### Guided Tours

Visit the centerpiece of Concord's political and literary revolutions and explore the Manse's role as the inspiration for Emerson and Hawthorne. *Members: FREE.*

*Nonmembers: Adult \$8; Senior/Student \$7; Child \$5.*

### The Graffiti in the Garret Tours

On this very special tour through five rooms and the back stairs, we will scrutinize rarely seen Hawthorne wall writings, and more. *By appointment; limited spaces.*

*Members: \$8. Nonmembers: Adult \$12; Senior/Student \$10; Child \$8. Please pre-register.*

Friday – Saturday, June 14 – 15

### Riverfest

Bring the children, walk around Thoreau's Garden, and participate in historic landscape and house tours. *FREE.*

Friday, June 20 | 7 – 9PM

### Summer Solstice Sunset

Bring your picnic supper then enjoy a twilight paddle past the bonfire at Old Calf Pasture, and up the Assabet and Sudbury Rivers. *FREE. Boats not provided.*

Saturdays in July, August & September | 10AM – 12:30PM (CALL FOR SPECIFIC DATES)

### Paddling Back in Time

Join us for a guided trip down the Concord River to the Old Manse, and experience the landscape that inspired Emerson, Thoreau, and Hawthorne. *Members: Adult \$12; Child \$8.*

*Nonmembers: Adult \$16; Child \$8. Rent canoes at South Bridge Boathouse, Main Street.*

Sundays, July 13 – August 24 | 2 – 4PM (RAIN OR SHINE)

### Summer Concert Series

Bring a picnic to these old-fashioned lawn concerts featuring folk music from different periods and places. *FREE.*

Saturday, August 16 | 11AM – 4PM

### The Old Manse and the Civil War

Witness drilling and firing demonstrations and camp life, and partake in an ice cream social as we meet characters from the event. *FREE.*



Saturdays & Sundays, through October 12  
1 – 3PM (60-MINUTE TOUR)

### The Stevens-Coolidge Place

NORTH ANDOVER

Members: FREE. Nonmembers: Adult (18+) \$8;  
Child \$5. Grounds are FREE, 8AM – sunset,  
year-round.

First Saturdays and Sundays, through October  
1 – 3PM (60-MINUTE TOUR)

### The Paine House

GREENWOOD FARM, IPSWICH

Members: FREE. Nonmembers: Adult (18+) \$8;  
Child \$5. Grounds are FREE, 8AM – sunset,  
year-round.

June through August, Thursday evenings  
6 – 8PM

### Thursday Night Guided Hike Series

ANDOVER NORTH ANDOVER

MANAGEMENT UNIT 978.921.1944 X8815

Join us for guided walks to learn about each  
reservation's history, ecology, and beauty.

Members: FREE. Nonmembers: Adult \$5; Child  
FREE. Minimum age is 6 (16 without adult).

June 12 | **Weir Hill Ecology and  
Prescribed Fire Walk** – Discover what  
The Trustees are doing to protect Weir  
Hill's unique and diverse plant communities.

June 24 | **Stevens-Coolidge Place  
Garden Tour** – Enjoy the Rose Garden  
in peak bloom.

July 10 | **Ward Reservation** – Hike  
to vistas of Boston and Holt Hills.

July 24 | **Stevens-Coolidge Place  
Garden Tour** – This beautiful landscape  
comes to life in the soft light of evening.  
Stay to enjoy the sunset.

August 7 | **Weir Hill History and  
Ecology Walk** – Visit the original site of  
the old North Andover Country Club and  
learn about the role of the glacier in  
shaping the topography.

August 21 | **Stevens-Coolidge Place  
Garden Tour** – Explore the French  
Garden at its best!

Sundays, June 8, July 13, August 10, September 14  
3 – 5PM

### Farmstead Tour

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 X8815

This leisurely walk reveals Appleton family



Thursdays, July & August | 7 – 9PM

### Thursday Evening Picnic Concerts at the Crane Estate

THE CRANE ESTATE, IPSWICH 978.921.1944 X4028

Bring your own picnic supper and join us for singing, dancing, and a rocking good time for  
the whole family. Grounds open at 5PM for picnicking. Members: \$20/car. Nonmembers: \$25/car.

July 10 – The Reminisants (Oldies favorites)

July 17 – Grupo Fantasia (Latin rhythms)

July 24 – Jah Spirit (Reggae)

July 31 – Jake Armerding (Folk and Bluegrass)

August 7 – Squeezebox Stompers (Cajun Zydeco)

August 14 – Entrain (Groove music)

August 21 – Beantown Swing Orchestra (Swing and Big Band\*)

August 28 – Orville Giddings Band (Boogie Blues)

\*Come at 6PM to learn Swing dance steps from professionals!

tales and includes a visit to the dairy during  
milking time – ordinarily closed to the public.  
Members: \$4. Nonmembers: \$5. Minimum age is  
8 (16 without adult). Please pre-register.

Sunday, June 15 | 2:30 – 4PM

### Crowninshield Island Treasure Hunt

CROWNINSHIELD (BROWN'S) ISLAND.

MARBLEHEAD 978.921.1944 X8815

Join us with your family for this Father's Day  
treasure hunt. Members: Adult \$4; Fathers and  
Children FREE. Nonmembers: Adult \$5; Child \$3.  
Fathers: FREE. Please pre-register.

Wednesday, June 18 | 6PM

### Honey Moon Book Club & Potluck Picnic Dinner

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 X8815

Wild foods enthusiast Russ Cohen leads a  
discussion of Michael Pollan's *In Defense of Food:  
An Eater's Manifesto*. Bring a salad or main dish  
and your favorite beverage. Please pre-register.

Saturday, June 21 | 11AM – 2PM  
**Summer Solstice Soirée**

COOLIDGE RESERVATION, MANCHESTER  
BY THE SEA 978.921.1944 X8815

We'll have some safe sun-viewing telescopes,  
solar energy demonstrations, and fun in the  
sun! Members: \$8; Child: FREE. Nonmembers: \$10;  
Child: FREE. Please pre-register.

Saturday, June 21; Tuesdays, July 15, August 12 |  
3 – 4:30PM

### Meet the Cows

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 X8815

Explore the Farmstead buildings and visit  
calves and heifers with our farm staff. Meet  
the cows in the dairy barn – ordinarily closed  
to the public. Members: \$4. Nonmembers: \$5.  
Please pre-register.

Tuesdays, June 24, July 29 | 3 – 4:30PM

### Make Hay While the Sun Shines

APPLETON FARMS GRASS RIDES  
IPSWICH/HAMILTON 978.921.1944 X8815

Learn about this important resource as you  
watch our tractors and machines at work  
during our family-friendly Appleton Farms  
Hay Days demonstrations. Members: \$4.  
Nonmembers: \$5. Please pre-register.



## THE FARM FIELD SCHOOL FOR ADULTS

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 x8815

Farm Field School workshops incorporate both classroom and field instruction. All courses are led by local experts. *Please pre-register.*

Saturday, June 21 | 7 – 11AM

### Birding with Jim Berry

Join our local expert for a morning of birding in the grasslands, forests, and wet meadows. *Members: \$20. Nonmembers: \$24.*

Saturday, August 16 | 10AM – 12NOON

### Beekeeping with Gretel Clark

Learn about the art of beekeeping, including the structure of a colony and the beekeeper's role in promoting health and productivity. *Members: \$12. Nonmembers: \$15.*

Wednesdays, June 25, July 30, August 27,  
September 24 | 2:30 – 5PM

### Great House Tea and Tour

THE GREAT HOUSE AT CASTLE HILL  
THE CRANE ESTATE, IPSWICH 978.921.1944 X8815  
Enjoy a guided tour of the Great House, relax over a sumptuous high tea, then stroll the grounds for an enchanting afternoon. *Members: private table \$38; shared table \$30. Nonmembers: private table \$40; shared table \$32. Prices are per person. Please pre-register.*

Thursday, June 26 | 6 – 8PM

### Dinner with the Herons

COOLIDGE RESERVATION, MANCHESTER  
BY THE SEA 978.921.1944 X8815  
Watch herons, egrets, and ibises returning to their night roost at the largest heronry in Massachusetts, just off Coolidge Point. *Members: \$10; Nonmembers: \$14. Please pre-register.*

## THE FARM FIELD SCHOOL (AGES 9–11)

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 x8815

Four-hour classes include a blend of hands-on, authentic farm skills, exploration, and fun, taught by our highly qualified farm education staff. *Members: \$30. Nonmembers: \$36. Please pre-register.*

Monday, June 30 | 10AM – 2PM

### Dirt Made My Lunch

From manure to compost to the fields to your mouth? Yes! Follow the farm cycle as you explore our dairy, compost, and gardens.

Monday, July 14 | 10AM – 2PM

### A Day in the Life

What was life like before computers and cars? Churn butter, spin wool, and care for cows. It's all in a day's work!

Monday, July 21 | 2 – 6PM

### From Cow to Cone

How many gallons of water does a cow drink a day? How does a cow make milk? Discover these answers and more.

Monday, August 11 | 10AM – 2PM

### From Plot to Plate

Tomatoes, basil, peppers, and onions – lend a hand in our vegetable plots and enjoy the rewards on your plate – pizza!

July and August, Monday – Friday

8:30AM – 4:30PM

### Farm Stewards

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 X8815

We're looking for a few good, service-learning volunteers ages 15–17 to assist our farm-based education programs and operations. Call for program details and application. Minimum two-week commitment. *FREE.*

Friday, July 4 | 5 – 10PM

(RAIN DATE: SATURDAY, JULY 5)

### Independence Day Fireworks Celebration

THE CRANE ESTATE, IPSWICH 978.921.1944 X4028  
Bring a picnic supper and enjoy the Merrimack Valley Philharmonic Orchestra, the bluesy tunes of The Porch Rockers, and a spectacular fireworks finale over the ocean. *Members: Adult \$15; Child \$10. Nonmembers: Adult \$25; Child \$15. Please pre-register at [www.craneestate.org](http://www.craneestate.org).*

### Seven one-week sessions, July 7 – August 18 SummerQuest Camp

THE CRANE ESTATE, IPSWICH  
There's still space available in our new summer camp at the Crane Estate. Get your kids out hiking, swimming, drawing, and more as they explore this magnificent place. Register through the YMCA at 978.356.7622 or [www.northshoreymca.org](http://www.northshoreymca.org). *Scholarships available.*

(AGES 6–8) July 8 – 10; August 5 – 7  
(AGES 9–11) July 22 – 24; August 19 – 21  
All sessions 9AM – 1:30PM

### Farm & Forest Explorers

APPLETON FARMS IPSWICH/HAMILTON  
978.921.1944 X8815

Explore the farm and forest, uncover secret tales, and lend a hand with chores. Fun, games, and storytelling! *Members: \$90. Nonmembers: \$120. Please pre-register.*

Saturdays, July 12, August 9, September 13  
11AM – 12:30PM

### Sketching to See

AGASSIZ ROCK, MANCHESTER BY THE SEA  
978.921.1944 X8815

Explore your favorite natural objects and life on the rocks through the lens of your pen. All materials available. *Members: \$10. Nonmembers: \$15. Please pre-register.*

Second Sundays, July 13, August 10,  
September 14 | 1 – 3PM

### Wilds of Cape Ann

RAVENSWOOD PARK, GLOUCESTER  
978.921.1944 X8815

Discover the seasonal treasures of these special places, exploring a different property each month, including Crowninshield Island, Ravenswood, and Stravros Reservation! *Members: FREE. Nonmembers: \$5. Please pre-register.*

Thursdays, July 17, August 21, September 18  
11AM – 12NOON

### Curiosity Companions Pre-K Club

COOLIDGE RESERVATION, MANCHESTER  
BY THE SEA 978.921.1944 X8815  
Kids explore Bungalow Hill, Clark's Pond, and Ocean Lawn – accompanied by their favorite adult. *Members: Adult \$8; Child FREE. Nonmembers: \$10; Child FREE. Please pre-register.*

Thursday, July 17 | 4 – 6PM

### Container Gardening Craze

LONG HILL, BEVERLY 978.921.1944 X8815  
Enjoy a close look at the wonderful container plantings on display in the Sedgwick Gardens. Learn about new plants and techniques. *Members: Adult \$4; Child FREE. Nonmembers: Adult \$5; Child FREE. Please pre-register.*

Saturday, July 19 | 10 – 11AM

### Children's Garden Story Hour

LONG HILL, BEVERLY 978.921.1944 X8815  
Listen to wonderful children's stories about gardening. Peter Rabbit may make an appearance! Refreshments provided. *Members: Adult \$4; Child FREE. Nonmembers: Adult \$5; Child FREE. Please pre-register.*

Sundays, July 20, August 17, September 21  
8 – 10AM

### Beginning Birding

HALIBUT POINT, ROCKPORT 978.921.1944 X8815  
Learn the basics of birding by observing where birds find some of their favorite foods: brush bayberry, greenbriar, and shadbush. Meet at Halibut Point parking area. *FREE.*



Tuesday, July 22 | 4 – 6PM

### Create your own Birdbath!

LONG HILL, BEVERLY 978.921.1944 X8815

Learn to sand-cast your own birdbath from any large leaf (i.e., Rhubarb, Hosta). *Members: \$28. Nonmembers: \$35. Please pre-register.*

Saturday, July 26 | 11:30AM – 1PM

### Explore the Shore

HALIBUT POINT ROCKPORT 978.921.1944 X8815

Explore our rocky shoreline to see how life adapts to the tides and learn the survival secrets of limpets, barnacles, and other marine organisms. *Members: Adult \$8; Child \$4. Nonmembers: \$10; Child \$5. Minimum age is 6. Please pre-register.*

Thursday – Friday, July 31 – August 1

10AM – 12NOON

### Dog Days!

RAVENSWOOD, GLOUCESTER 978.921.1944 X8815

Romp around Ravenswood's carriage paths with your pet on a guided hike while learning about the various habitats along the way. Come Thursday, Friday, or both! *Space is limited. Members: Adult \$8. Nonmembers: Adult \$10. Child/Dog: FREE. Please pre-register.*

Saturday, August 9 | 8AM – 4PM

(RAIN DATE: SUNDAY, AUGUST 10)

### Crane Beach Sand Blast!

CRANE BEACH, IPSWICH 978.921.1944 X8815

Build a sand sculpture with your family, friends, or special team to this year's environmental theme: "Super" Heroes Go Green! Go to [www.craneestate.org](http://www.craneestate.org) or call for information, pre-registration, and admission price.

Tuesday, August 12 | 3 – 4:30PM

### Butterfly Gardening

LONG HILL, BEVERLY 978.921.1944 X8815

Discover plants that attract butterflies and get ideas for your own garden at this family-friendly gathering. *Members: Adult \$4; Child FREE. Nonmembers: Adult \$5; Child FREE. Please pre-register.*

Wednesday, August 13 | 4 – 6PM

### Meet the Machines

APPLETON FARMS, IPSWICH/HAMILTON

978.921.1944 X8815

Learn about our farm equipment, climb on tractors, and enjoy farming demonstrations. Bring your own picnic dinner. Cold drinks provided. *Members: FREE. Nonmembers: \$10 suggested donation per family. Please pre-register.*

Tuesday, August 19 | 4 – 6PM

### Garden Trough Making

LONG HILL, BEVERLY 978.921.1944 X8815

Join this annual tradition of making your own living container, perfect for a variety of diminutive plants that can endure our winters. *Members: \$28. Nonmembers: \$35. Please pre-register.*

Sundays, September 7 & 14 | 3:30 – 4:30PM

### Late Summer Strolls

LONG HILL, BEVERLY 978.921.1944 X8815

This guided tour will highlight late-summer and early-fall blooming plants and finish with refreshments on the house veranda. *Members: Adult \$4; Child FREE. Nonmembers: Adult \$5; Child FREE. Please pre-register.*

Tuesday, September 9 | 4 – 6PM

### Introduction to Invasive Plants

LONG HILL, BEVERLY 978.921.1944 X8815

Our horticultural staff will help you identify these invaders, demonstrate control methods, and suggest suitable replacements. *Members: \$4. Nonmembers: \$5. Please pre-register.*

Sunday, September 21 | 10AM – 3PM

### Family Farm Day

APPLETON FARMS, IPSWICH/HAMILTON

978.921.1944 X8815

Celebrate the arrival of fall and local farm traditions at our family favorite Farm Day (RAIN OR SHINE). The zero-trash event includes educational farming demonstrations and activities, music, and local, healthy foods. *Members: \$15 per car. Nonmembers: \$25 per car.*

Thursday, September 25 | 7PM

(HOUSE OPEN FOR TOURS AT 6PM)

### Streamlining the Past: The Decorative Art of Paul Manship

CASTLE HILL, IPSWICH 978.921.1944 X8815

Celebrate the 80th birthday of the Paul Manship griffin sculptures at this illustrated lecture by Manship scholar Rebecca Reynolds. *Members: \$20. Nonmembers: \$25. Please pre-register.*

## VOLUNTEER OPPORTUNITIES

Volunteer at the following events:

Last Saturday of the month, May – September  
9AM – 12NOON

### Old Chestnut Street Trail Improvement Project

WARD RESERVATION, ANDOVER 978.682.3580

Old Chestnut Street, which runs through the heart of Ward Reservation, was abandoned in the 1920s. Help us restore its historic character while improving access for future stewardship projects! *FREE*

Wednesdays & second Saturdays of each month, May – September | 9AM – 12NOON

### Spring through Fall in the Gardens of the Stevens-Coolidge Place

THE STEVENS-COOLIDGE PLACE,  
NORTH ANDOVER 978.682.3580

Dig in the dirt with this series of gardening and planting workdays and take home some fruits of your labor from the Fall Harvest in October! *FREE.*



## SOUTHEAST REGION

Daily, through summer

### Kayak World's End

WORLD'S END, HINGHAM 781.740.6665

Learn basic paddling, local ecology, and more while taking in spectacular views of Boston Harbor. *Members: \$30; Child (15 and under), \$15. Nonmembers: \$40; Child (15 and under), \$20. Please pre-register.*

Wednesdays, through September 24

10 – 11AM

### Outdoor Story Hour

WEIR RIVER FARM, HINGHAM 781.740.7233

Barnyard stories come to life when your child gets to meet the main characters! *Members: FREE. Nonmembers: \$3 per person.*

Saturdays, through October | 10AM – 2PM

### Open Barnyard

WEIR RIVER FARM, HINGHAM 781.740.7233

One hundred years ago, family farms were common in Hingham. Come see our efforts to preserve one of the last examples in town. *Members: FREE. Nonmembers: \$3.*

Saturday, June 28 | 9 – 11AM

### World's End Rocks!

WORLD'S END, HINGHAM 781.740.6665

Step back in time with geologist Lester Tyralla for a look at ancient volcanic and sedimentary bedrock on the coast. *Members: FREE. Nonmembers: FREE with admission.*

Monday – Tuesday, June 30 – July 1

9AM – 12NOON

### Pre-school Sampler (AGE 4)

WEIR RIVER FARM AND WORLD'S END, HINGHAM

Here is a chance for your child to sample both Farm Hands and Young Ecologists to get ready for a whole week next year! *Members: \$50. Nonmembers: \$60. Please pre-register.*



9AM – 12NOON OR 1 – 4PM

### Farm Hands Summer Program

WEIR RIVER FARM, HINGHAM 781.740.7233

Young farmers get their hands dirty while making new connections with friends, animals, and this magical place. *Members: \$125.*

*Nonmembers: \$155. Please pre-register.*

(AGE 5) July 7 – 11

(AGE 6) July 14 – 18

(AGE 7) July 28 – August 1

(AGES 8–10) August 4 – 8

(AGES 11–12) August 11 – 15

9AM – 12NOON ONLY!

SIBLING WEEK (MIXED AGES)

June 23 – June 27

9AM – 12NOON

### Young Ecologists Summer Program

WORLD'S END, HINGHAM

Calling all future scientists! Your help is needed to explore the reservation's history and habitats in search of adventure. *Members: \$125. Nonmembers: \$155. Please pre-register.*

(AGES 5–6) July 21 – July 25 or  
August 18 – August 22

(AGES 7–8) July 7 – July 11 or  
August 11 – 15

(AGES 9–10) June 23 – June 27 or  
July 28 – August 1

SIBLING WEEK (MIXED AGES)

July 14 – July 18 or August 4 – August 8

Saturday, July 12 | 9AM – 12NOON

### Bike the Bioreserve

SOUTHEASTERN MASSACHUSETTS BIORESERVE  
FALL RIVER 508.679.2115

The full size of the 14,000-acre Bioreserve is hard to envision, but on an 8- to 10-mile bike trip, the vastness of this protected landscape becomes clear. *FREE. Please pre-register.*

Friday, August 8 | 7:30 – 9:30PM

### Magnificent Moths

SOUTHEASTERN MASSACHUSETTS BIORESERVE,  
FALL RIVER 508.679.2115

Watch and wonder as these often overlooked forest flyers emerge into full view, thanks to a guide's special techniques. *FREE. Please pre-register.*



Thursday, July 24 | 6 – 8PM

### The Locavore

### Potluck Challenge

WEIR RIVER FARM, HINGHAM  
781.740.7233

Think eating can't be adventurous? Try preparing a meal using only ingredients from Massachusetts! Bring a dish, leave with a fresh perspective on food. Co-sponsored with Holly Hill Farm, Cohasset. *FREE. Please pre-register.*

Saturday, August 9 | 10AM – 12NOON

### Summer Blooms!

WEIR RIVER FARM, HINGHAM 781.740.7233

Learn how to harvest flowers fresh from our garden. Take home an arrangement that will look great now and when dried. *FREE.*

Sunday, August 17 | 1 – 3PM

### Fabulous Ferns

HERB HADFIELD CONSERVATION AREA,  
WESTPORT 508.679.2115

Learn to appreciate the quiet, woodland beauty of ferns as we explore the varied habitats of this special property with naturalist Garry Plunkett. *FREE. Please pre-register.*

Saturday, September 6 | 1 – 3PM

### Wild Edibles Walk

SOUTHEASTERN MASSACHUSETTS BIORESERVE  
FALL RIVER 508.679.2115

Southeast Massachusetts is home to more than 150 species of wild edible plants. Join us for a walk and a natural snack. *FREE. Please pre-register.*

## VOLUNTEER OPPORTUNITIES

Volunteer at the following events:

Saturday, August 2 | 9AM – 12NOON

### East Over Volunteer Trail Day

EAST OVER RESERVATION ROCHESTER  
508.679.2115

Help prepare a new section of East Over Reservation by installing boardwalks and signs, and cutting trail. *FREE. Please pre-register.*

Saturday, September 6 | 10 – 1PM

### World's End Workday

WORLD'S END HINGHAM 781.740.6665

The Trustees partner up with the National Park Service for a morning of clearing invasive Asiatic bittersweet and Tree of Heaven. *FREE.*



## CAPE COD & THE ISLANDS

### NATURAL HISTORY TOURS

Daily, through October 8 | 9AM & 2PM

(TOUR LASTS 2.5 HOURS)

### Cape Poge Natural History Tour\*

CAPE POGE WILDLIFE REFUGE  
CHAPPAQUIDDICK 508.627.3599

Your guided oversand vehicle tour includes a stop at the Cape Poge Lighthouse. Climb the spiral staircase for breathtaking views. *Members: Adult \$30; Child (15 and under) \$15. Nonmembers: Adult \$40; Child (15 and under) \$18.*

Daily, through October | 8:30AM & 1:30PM

(TOUR LASTS 4 HOURS)

### Fishing Discovery Tour\*

CAPE POGE WILDLIFE REFUGE  
CHAPPAQUIDDICK 508.627.3599

Enjoy a guided oversand vehicle discovery that will develop your fishing skills. We provide tackle and lures; you bring a snack and a sense of adventure! *Members only: Adult \$60; Child (15 and under) \$25.*

Daily, through October | 9AM, 12NOON, & 2PM  
(TOUR LASTS 1.5 HOURS)

### Cape Poge Lighthouse Tour\*

CAPE POGE WILDLIFE REFUGE  
CHAPPAQUIDDICK 508.627.3599

The guided exploration of the barrier beach makes this tour perfect for families and individuals of all ages! *Members: Adult \$15; Child (15 and under) \$10. Nonmembers: Adult \$25; Child (15 and under) \$12.*





T. KATES

Wednesdays, June 25 – August 13

9:30AM

## Science Discovery Wednesdays

COSKATA-COATUE WILDLIFE  
REFUGE, NANTUCKET

Join these weekly, guided, marine ecology walks, co-sponsored by the Maria Mitchell Association. *Space is limited. Adult \$25; Child \$15. Please pre-register at 508.228.5387.*

Daily, through October | 9AM & 2PM  
(TOUR LASTS 2.5 HOURS)

### Wildlife Canoe/Kayak Tour\*

CAPE POGE WILDLIFE REFUGE,  
CHAPPAQUIDDICK 508.627.3599

Explore the beauty of the coastal world with your guide by kayak or canoe! *Members: Adult \$30; Child (15 and under) \$15. Nonmembers: Adult \$40; Child (15 and under) \$18.*

**\*For the above Cape Poge tours, transportation from the ferry is available if you register in advance.**

Daily, June 15 – September 15  
**Wildlife Discovery Tour**

LONG POINT WILDLIFE REFUGE, WEST TISBURY  
508.693.7392

Explore the beauty of one of the rarest habitats in the world as you kayak with a Trustees naturalist through Tisbury Great Pond. *Members: Adult \$15; Child (15 and under) \$10. Nonmembers: Adult \$25; Child (15 and under) \$10.*

Daily, June through October | 9:30AM & 1:30PM  
(TOUR LASTS 2.5 HOURS)

### Natural History Tour

COSKATA-COATUE WILDLIFE REFUGE,  
NANTUCKET 508.228.0006

Enjoy an oversand vehicle tour through this

inspiring habitat and learn of the human history and natural wonders of Nantucket's largest salt marsh. *Members: Adult \$30; Child (12 and under) \$15. Nonmembers: Adult \$40; Child (12 and under) \$15.*

Thursdays – Saturdays, through mid-October  
9:30AM & 1:30PM

### Fishing Discovery Tour

COSKATA-COATUE WILDLIFE REFUGE,  
NANTUCKET 508.228.0006

Explore this intriguing coastal environment as you learn the fine points of saltwater fishing on a family-friendly adventure! *Members only: Adult \$65; Child (12 and under) \$20.*

Tuesdays, July & August  
**Sunset Tours**

COSKATA-COATUE WILDLIFE REFUGE,  
NANTUCKET 508.228.0006

Enjoy a 2-hour guided trip to Great Point to bask in the setting sun – and climb Great Point Lighthouse. *Members: Adult \$30; Child (12 and under) \$15. Nonmembers: Adult \$40; Child (12 and under) \$15. Please pre-register.*

Daily, June through October | 1 – 2PM  
**Open Lighthouse**

GREAT POINT LIGHTHOUSE, COSKATA-COATUE WILDLIFE REFUGE, NANTUCKET  
508.228.6799

Trustees members are invited to climb the Great Point Lighthouse and enjoy the view, while learning about this historic structure. *Transportation not provided. Members only. FREE.*

## SELF-GUIDED TOURS

Daily, through Columbus Day | 9AM – 5PM  
(DURATION 4 OR 8 HOURS)

### Poucha Pond Self-Guided Discovery Tour

CAPE POGE WILDLIFE REFUGE  
CHAPPAQUIDDICK 508.627.3599

Reap the benefits of Trustees membership as you paddle through Poucha Pond at your own pace. *Members only: 4 hours for \$25 or 8 hours for \$35 (per canoe or kayak). Special membership offer available.*

Daily, through through Columbus Day  
9AM – 5PM (QUEST DURATION: 3 HOURS)

### Cape Poge Quest

CAPE POGE WILDLIFE REFUGE,  
CHAPPAQUIDDICK 508.627.3599

A remarkable journey waits, as your oversand vehicle carries you across wild coastland on a self-guided treasure hunt for the Quest box!

*FREE. Cape Poge Wildlife Refuge and Wasque Reservation oversand vehicle permit required. Materials available at Chappaquiddick gatehouses.*

Daily, through December | SUNRISE TO SUNSET  
(QUEST DURATION: 3 HOURS)

### Menemsha Hills Quest

MENEMSHA HILLS RESERVATION, CHILMARK  
508.693.7662/3678

Discover the many treasures the reservation offers during a fun, self-guided family treasure hunt. *FREE. Materials available at Menemsha Hills entrance bulletin board.*

Daily, June through October | 9AM – 5PM  
(QUEST LASTS 1.5 HOURS)

### Coskata Woods Quest

COSKATA-COATUE WILDLIFE REFUGE,  
NANTUCKET 508.228.0006

Discover the enchanting Coskata Woods as seen through the eyes of the students of The Nantucket Lighthouse School! *FREE. Coskata-Coatue oversand vehicle permit required to access the Woods by vehicle. Walkers welcome. Materials available at the Wauwinet Gatehouse.*

## ISLANDS REGION SPECIALTY PROGRAMS

July 11 | 3:30 – 4:30PM

### Great Goldfish Release

MYTOI, CHAPPAQUIDDICK 508.627.3599

Bring the family for goldfish games, goldfish puzzles, and, of course, the great goldfish release! *FREE.*

Tuesdays, June 17, July 8, 15 | 8 – 9:15PM  
Tuesdays, August 5, 12 | 7:45 – 9PM

### Not-So-Creepy Creatures of the Night

CAPE POGE WILDLIFE REFUGE,  
CHAPPAQUIDDICK 508.627.3599

Families with children ages 4–8 can strap on headlamps and take a guided hike in search of amazing nighttime creatures! *Member/Nonmember: \$10 per child; Parent/Guardian FREE. Please pre-register. Transportation available.*

Thursdays in July & August | TIMES VARY  
**Thursday Fun-day**

LONG POINT WILDLIFE REFUGE, WEST TISBURY  
508.693.7392

From building children's sandcastles to exploring coastal geology on adult hikes, there is something for everyone! *FREE with property admission.*



CALL FOR DATES AND TIMES

### Explore the Shore – Family Snorkel

CAPE POGE WILDLIFE REFUGE,

CHAPPAQUIDDICK 508.627.3599

Mask, snorkel, and net provided, along with instruction. For families with children ages 4–9 eager to explore fun and inviting Cape Poge Bay. Members/Nonmembers: \$10 per child; Parent/Guardian FREE. Please pre-register. Transportation available.

July 16, 17, 18; August 13, 14, 15

### Paddle into the Night

CAPE POGE WILDLIFE REFUGE,

CHAPPAQUIDDICK 508.627.3599

Discover the beauty of this special place as the light of day turns to night on the water. Weather permitting. Space limited. Members: \$40. Nonmembers: \$47. Please pre-register. Transportation available.

Saturday, September 13 | 1 – 4PM

### Lowell Holly Paddle

LOWELL HOLLY RESERVE, SANDWICH

508.679.2115

Explore one of the largest freshwater ponds on Cape Cod by canoe and learn about the property's botanical importance. Members: Adult \$20; Child \$10. Nonmembers: Adult \$30; Child \$20.

### VOLUNTEER OPPORTUNITIES

Volunteer at the following event:

Wednesdays in July and August

PLEASE CALL FOR TIMES

### Garden Volunteer Days

MYTOI, CHAPPAQUIDDICK 508.627.3599

Spend time caring for the only Japanese-style garden on the island. FREE.



## THE GUEST HOUSE AT FIELD FARM

554 Sloan Road, Williamstown

tel 413.458.3135

[www.guesthouseatfieldfarm.org](http://www.guesthouseatfieldfarm.org)



## REI OUTDOOR SCHOOL

Now you can learn something new and enjoy your favorite Trustees reservation on these special **REI Outdoor School** courses that take place at a reservation near you. For complete details, including prices and registration information, visit [www.thetrustees.org/rei](http://www.thetrustees.org/rei), call the Boston REI at 617.236.0746, or call the Framingham REI at 508.270.6325.

### Appleton Farms, Ipswich

The following courses meet at Appleton Farms:

Family Hiking with Children (AGES 1–5) –

June 11 & September 10

Family Hiking with Children (AGES 6–12) –

July 9

The following course meets at Reading REI:

Wildflower and Macro Photography – July 12

The following course meets at Boston REI:

Wildflower and Macro Photography –

September 13

### Crane Estate, Ipswich

The following courses meet at Reading REI:

Kayaking: Level 1 – June 29 & August 9

Kayaking: Level 2 – September 7

### Peaked Mountain, Monson

The following courses meet at Peaked Mountain:

Introduction to Map & Compass – July 19

Introduction to GPS Navigation – September 27

### Rocky Woods, Medfield

The following courses meet at Boston REI:

Introduction to Map & Compass – June 8

Essential Camping Skills – July 13

Introduction to GPS Navigation – August 30

The following courses meet at Reading REI:

Introduction to Mountain Biking – June 14

Essential Camping Skills – September 13

The following courses meet at Hingham REI:

Backcountry Cooking – July 19

Introduction to Mountain Biking – August 23

& September 14

The following courses meet at Framingham REI:

Introduction to Mountain Biking – June 7,

July 20 & August 10

Introduction to GPS Navigation – July 6

Backcountry Cooking – August 9

### World's End, Hingham

The following courses meet at World's End:

Family Hiking with Children (AGES 1–5) –

June 25

Family Hiking with Children (AGES 6–12) –

August 13

The following courses meet at Hingham REI:

Kayaking: Level 1 – June 7, 21 & July 26

Family Kayaking (AGES 12 AND UP) – June 28

Kayaking: Level 2 – August 17

## Summer Escapes

Whether you love mountains or the sea at Trustees, you'll enjoy an unforgettable stay among spectacular scenery. Go active hiking, paddling – or enjoy the pleasures of art galleries and antique stores. Or simply relax and enjoy the view.

All proceeds from your stay benefit our conservation work at Field Farm and the Crane Estate.

Don't wait – book your summer getaway today!



As featured in *National Geographic Traveler's* "Stay List."

## THE INN AT CASTLE HILL



ON THE CRANE ESTATE

280 Argilla Road, Ipswich

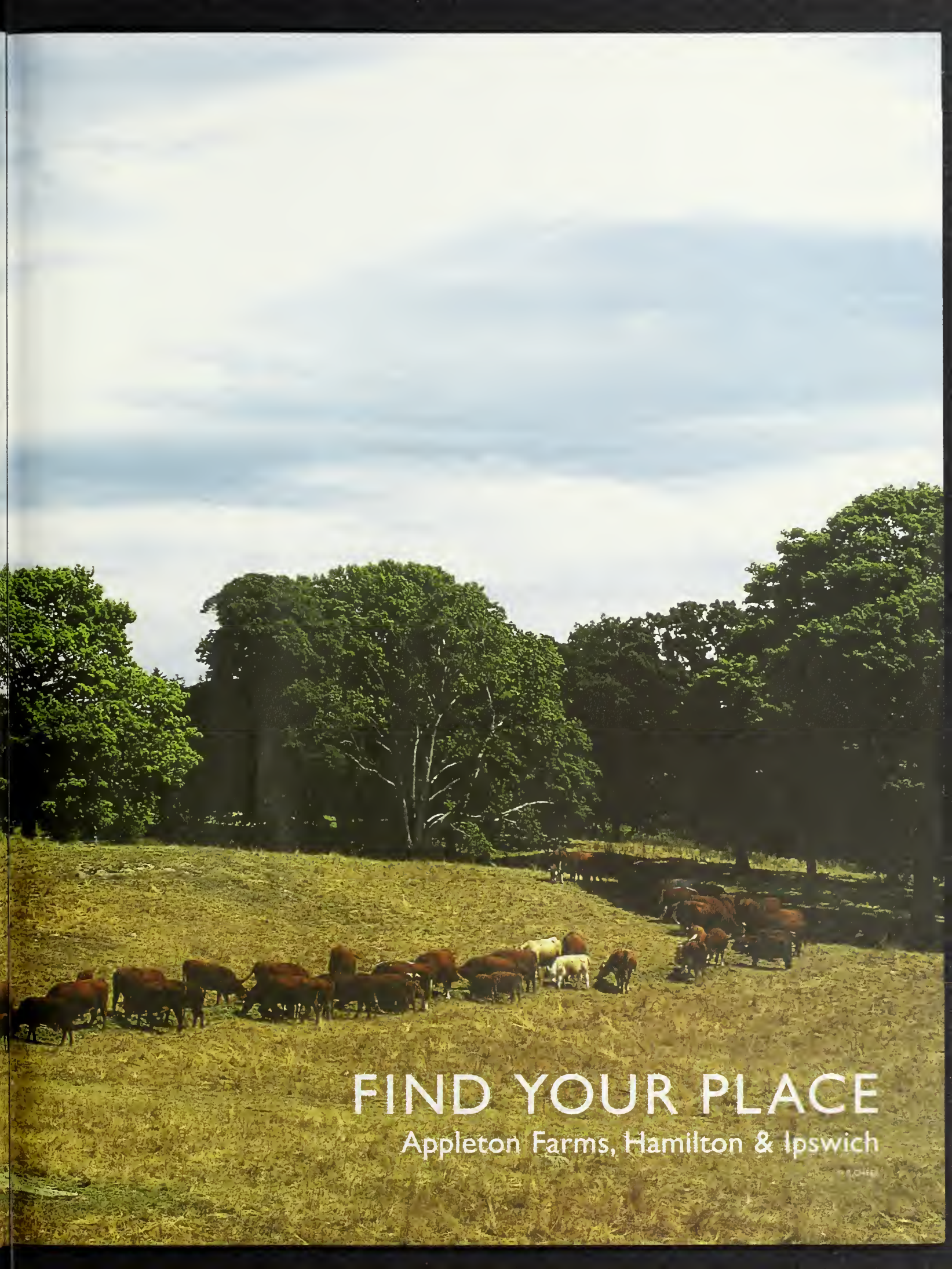
tel 978.412.2555

[www.craneestate.org](http://www.craneestate.org)









# FIND YOUR PLACE

Appleton Farms, Hamilton & Ipswich

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# OUR PLACE IN YOUR ELATION



## FIND YOUR PLACE

Together with our neighbors, we protect the distinct character of our communities and inspire a commitment to special places. Our passion is to share with everyone the irreplaceable natural and cultural treasures we care for.



### Special PLACES

THE TRUSTEES OF RESERVATIONS  
572 Essex Street  
Beverly, MA 01915-1530

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BYFIELD MA, 01922-1605

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